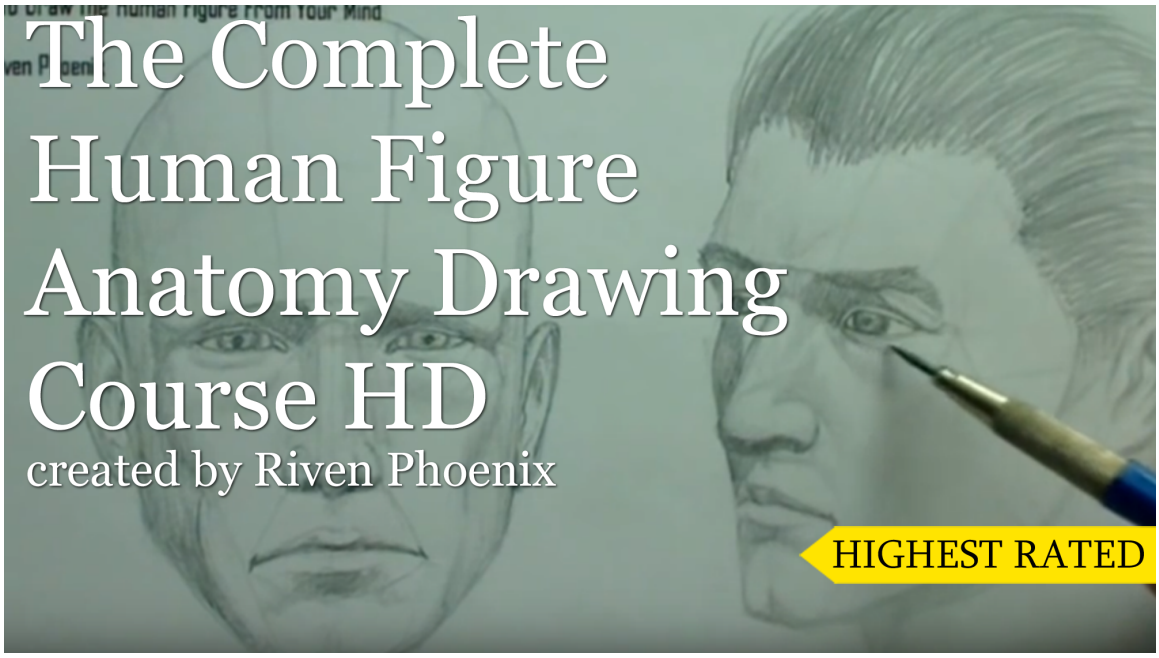

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 129 - The Muscles of The Torso - Part 10

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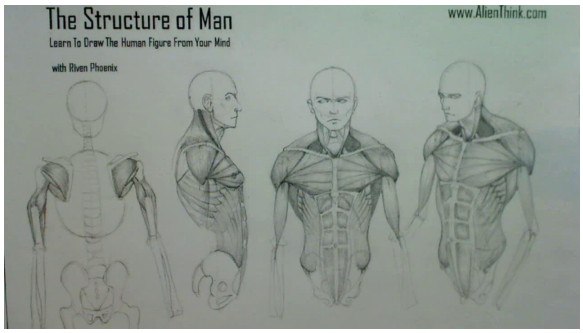
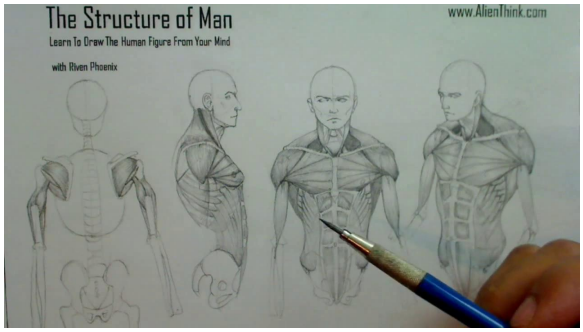
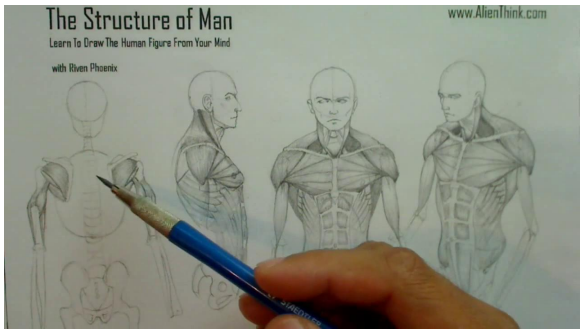
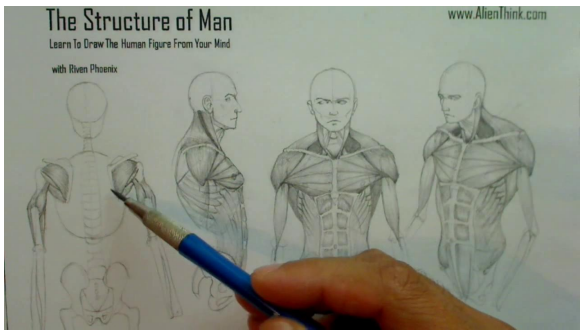
1		Hey guys, my name is Riven Phoenix and welcome to the Structure of Man, Learn to Draw the human figure from your mind training course.
2		Okay, so now we've understood really what's going on in this shoulder area and getting to the bottom of how the connection systems work with the tricep in this shoulder area.
3		So what we're going to do now is talk about an important muscle here that it really depends on the figure that we're going to be drawing, right?
4		So we're saying either it can show or it cannot show, right?

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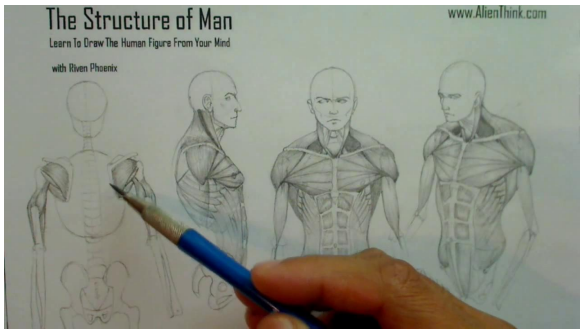
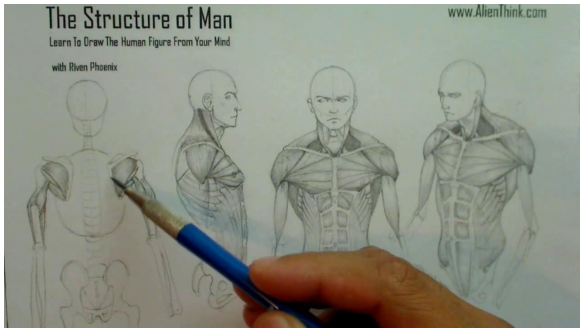
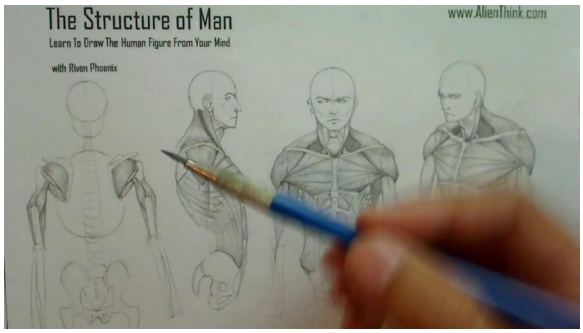
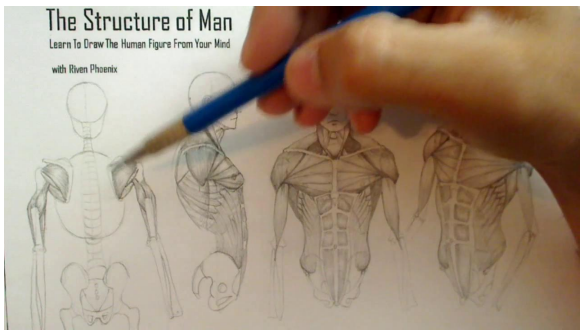
5		But typically the understanding of that is should show, right?
6		So it's really going to be an optional thing because it's really knowing that that muscle is there, but the thing is that when you're drawing it out, you really don't have to show it, right?
7		It's going to be an optional thing.
8		So this muscle is basically a muscle that so here we have the spine vertebrae. So it's going to connect from the fifth.

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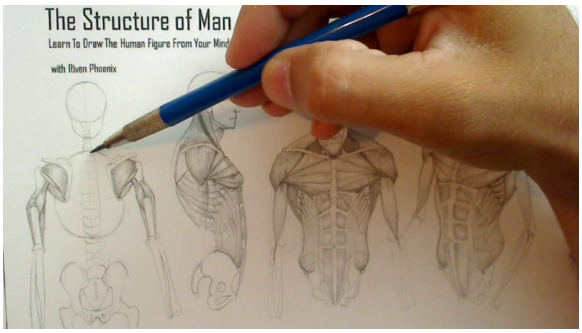
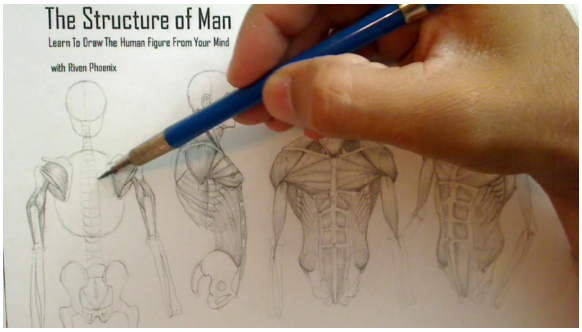
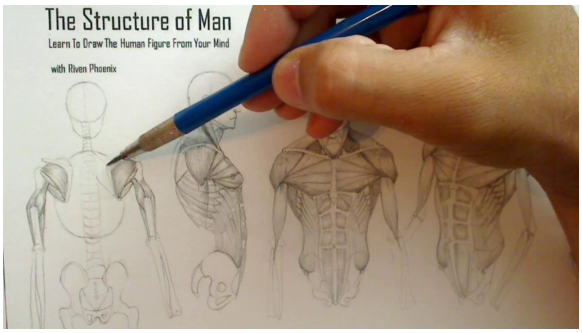
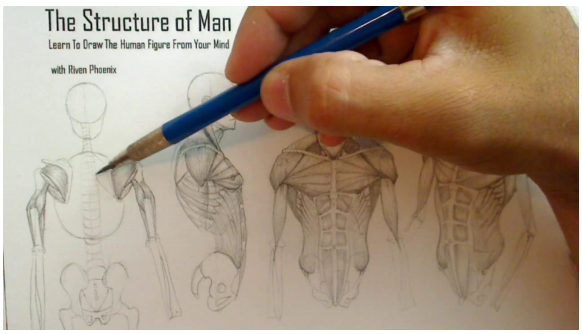
9		It's 1, 2, 3, 4, 5, right? So this muscle just basically is going to connect from here and it's going to go to the bottom just about over here, right?
10		So these are bands of muscles that connect from this, the first 2, 1, 2, 3, 4, 5, and this one is just going to connect over here.
11		And this is what allows the shoulder to move, right?
12		So these are just going to be bands like this.

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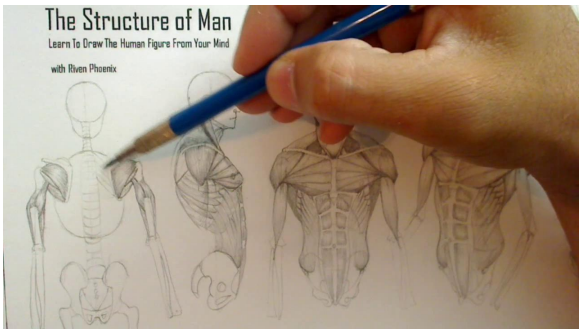
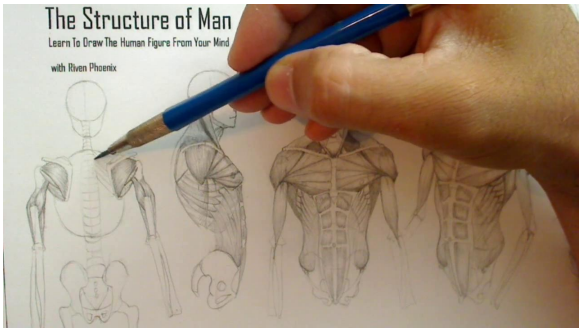
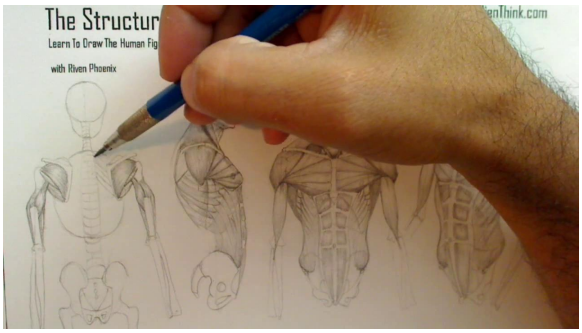
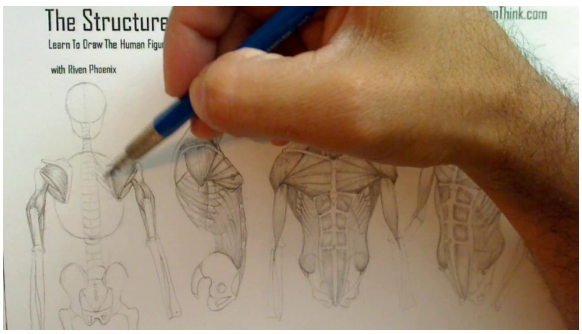
13		You're going to get these bands over here, right?
14		They're just going to be like this, but I'm going to do this lightly because the thing is that they're going to get covered up, right?
15		So the thing that you should understand is that over here is where really this muscle is going to show from this end, right?
16		So here I'm just going to do it like this. So this is why if you look at this guy over here, this is why we do this on an angle because we want to be aware that this muscle is going to be going up in this way, right?

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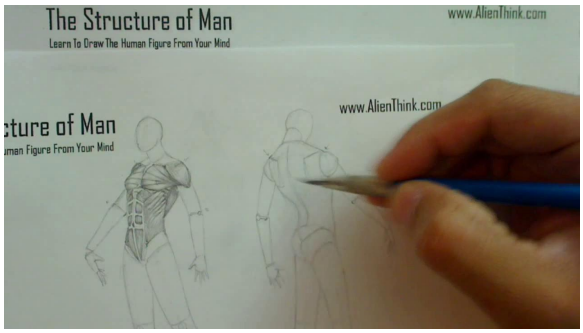
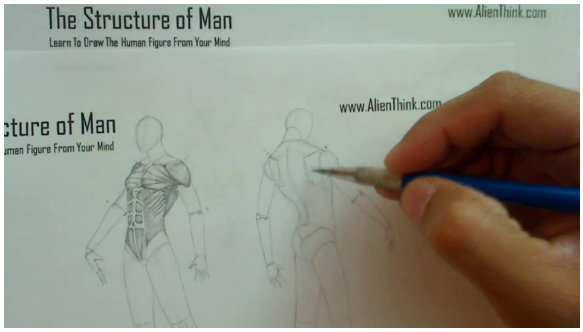
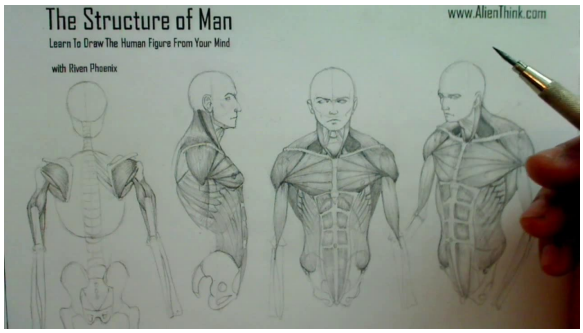
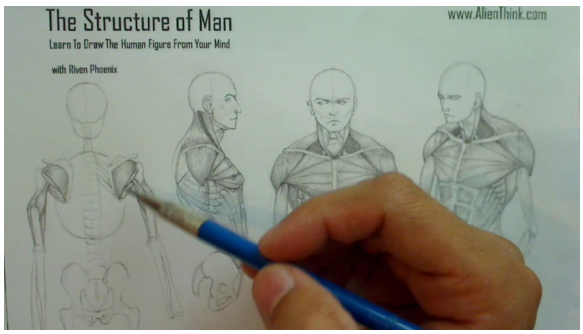
17		So technically from an anatomical point of view, you want to be aware that usually you just want to put it.
18		But when we get to in the surface of an artery, you'll see that sometimes it shows and sometimes it does, right?
19		So now in the anatomical books, when you start looking, you'll notice that sometimes this muscle is shown and sometimes it's completely ignored, right?
20		It really depends on how big the muscles are.

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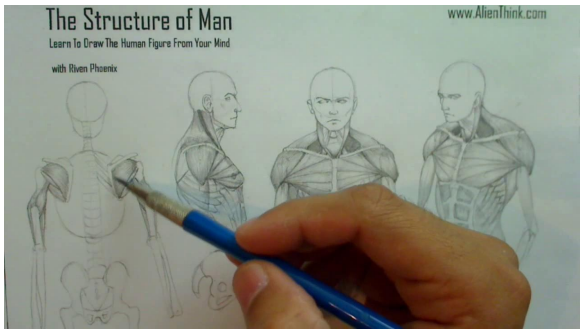
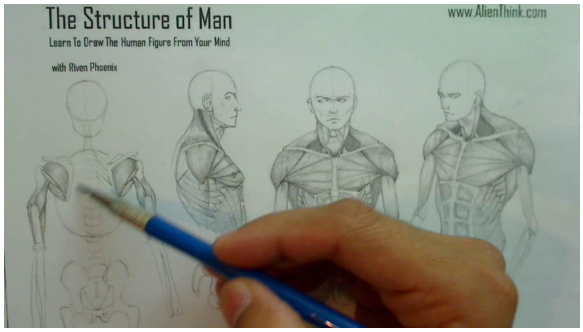
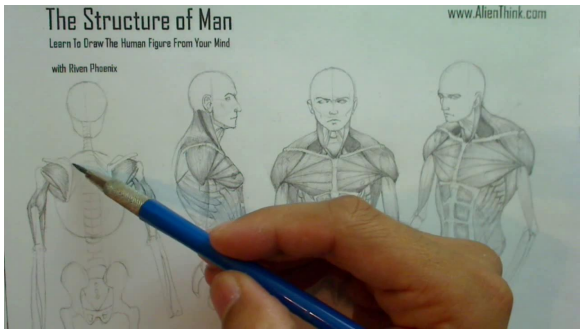
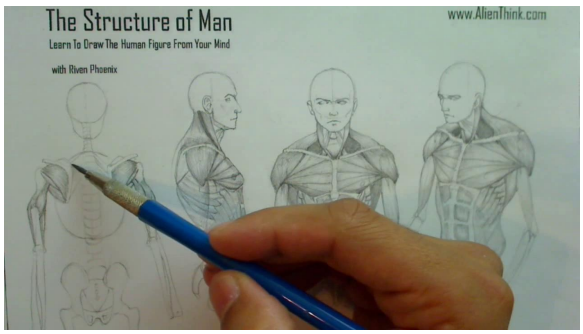
21		So just know that that muscle is there, right?
22		So here we're just connected over here too.
23		The same way in just above here, I'm just going to connect over here, right?
24		So I'm going to do this very lightly over here because we're going to get another muscle right on top of this, which is the trapezius.

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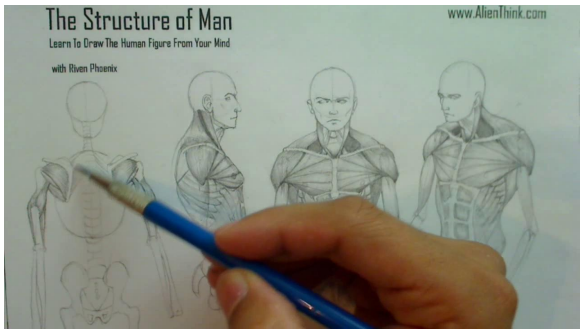
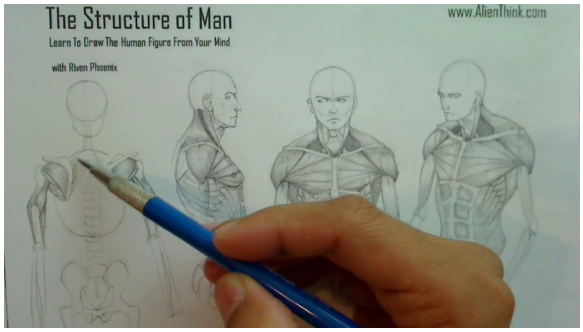
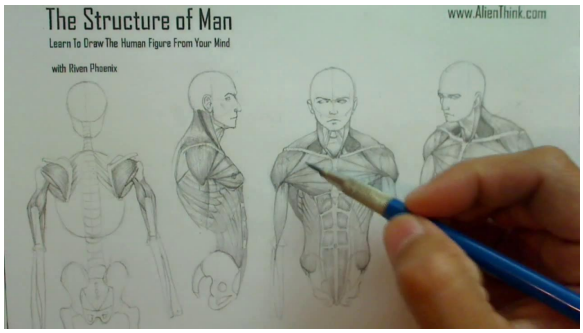
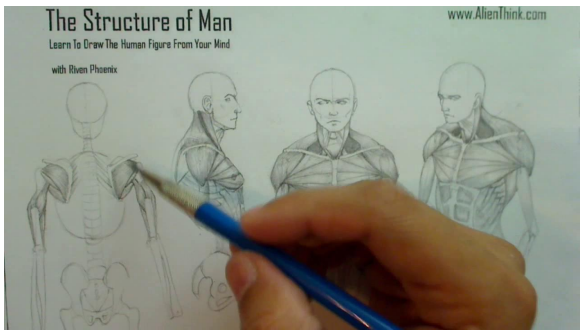
25		And this is just going to get really just hidden and we can just do these lines like this.
26		So now let's understand the shoulder muscle from the back, right?
27		So we understand how it works from the front.
28		So the shoulder muscle from the back is going to connect from here, right?

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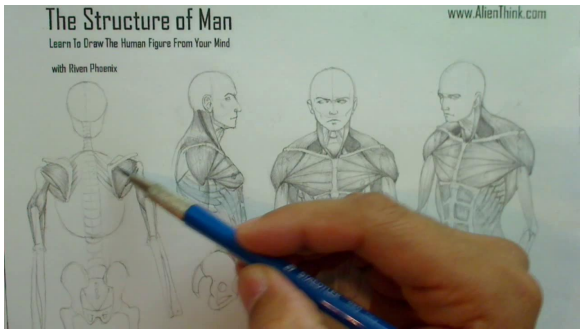
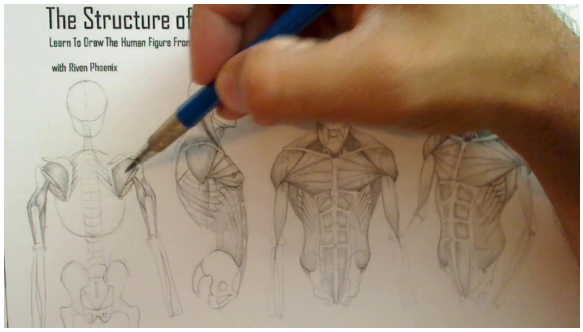
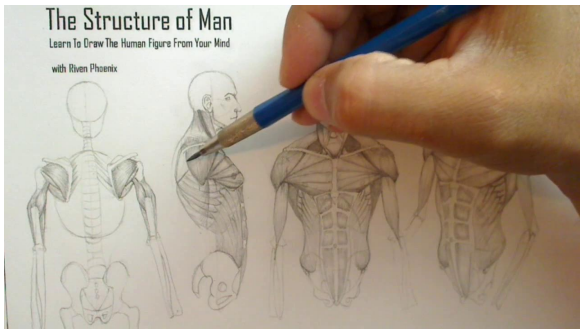
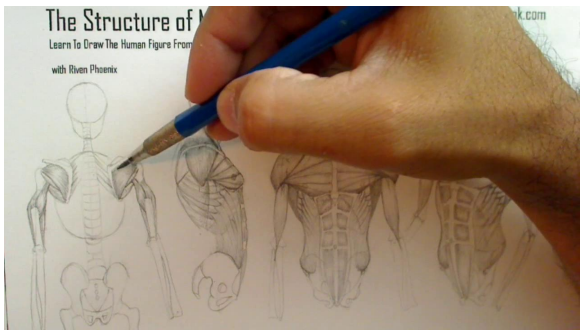
29		It's not going to connect here, it's going to connect from here.
30		And when it does, look where did we did this?
31		It's wrapping around this scapula, right? It's going over.
32		So it's going to go like this over and it's going to go when it goes over here, see this line?

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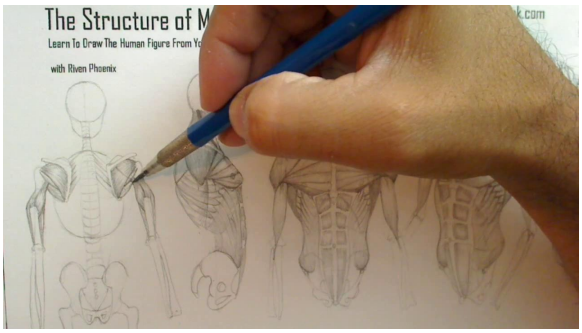
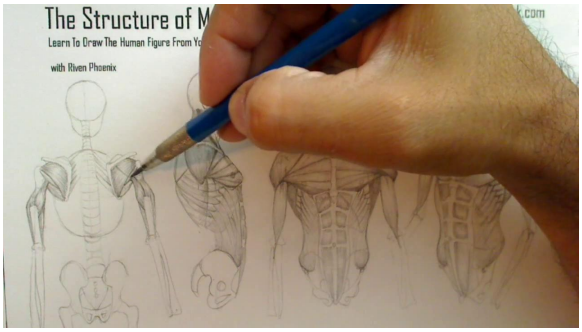
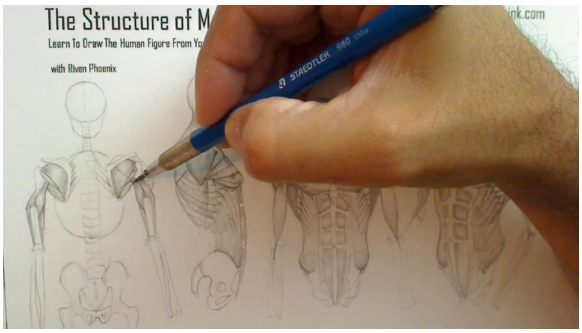
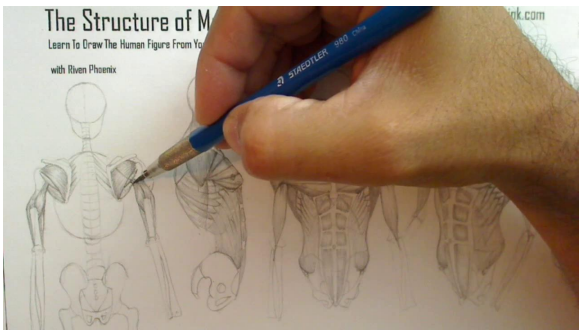
33		Then you're going to get this little nut here on this tricep that was making this way.
34		So what you should understand from this is that the shoulder muscle is going to be really easy to just put together.
35		But look at this idea here, right?
36		You get this little nut here for the tricep, then you get the deltoid.

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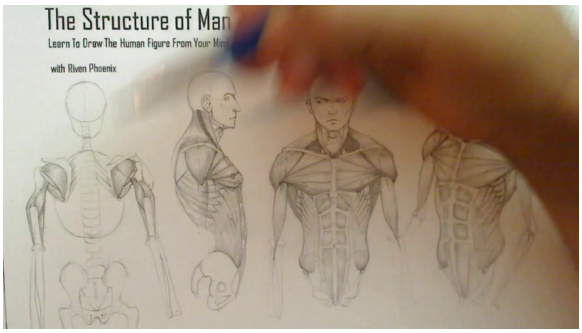
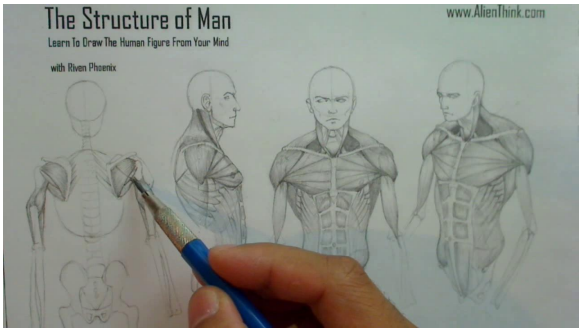
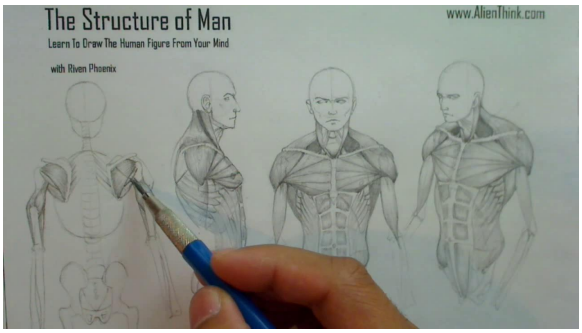
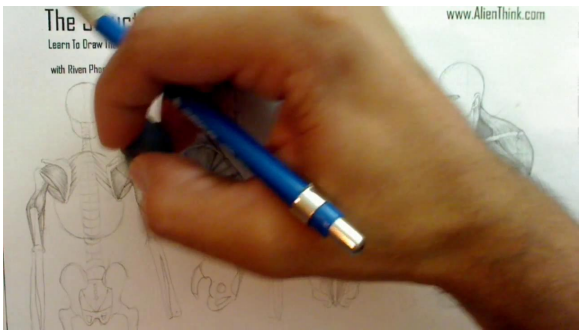
37		And this is something you'll start noticing in the back of people when they're really someone who's built.
38		And you see their back when they're arm is like moving across, you'll see that there's always this nut here and now we know where it comes from.
39		Right? It's actually a little bit of that tricep.
40		So here we're just going to erase all this stuff in here and put the shoulder muscle.

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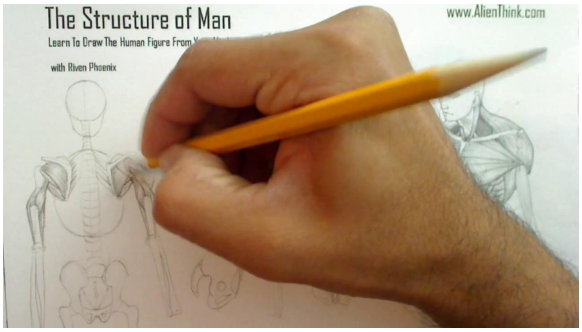
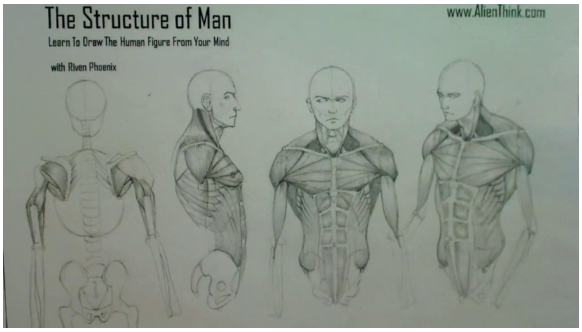
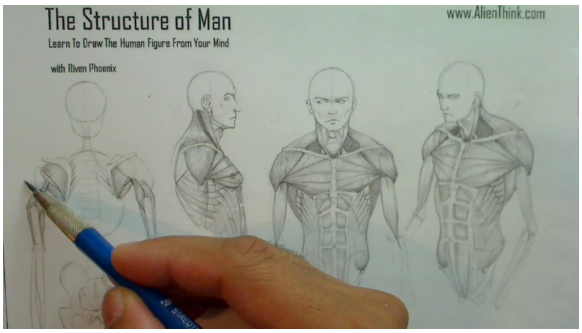
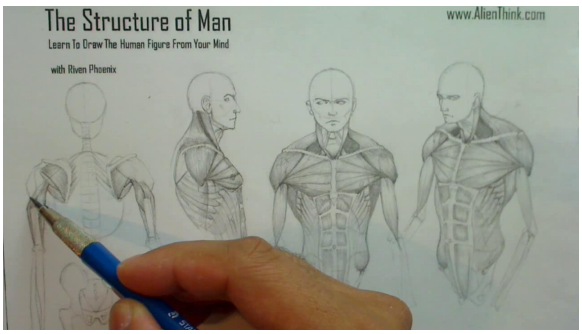
41		So I'm going to use actually a better eraser for this to wipe out this information.
42		That area is just going to disappear and while we're at it, let's do it this way over here too.
43		Right? And then know that I'm going to get like that bone area over here.
44		And it's just going to be like this over here coming down.

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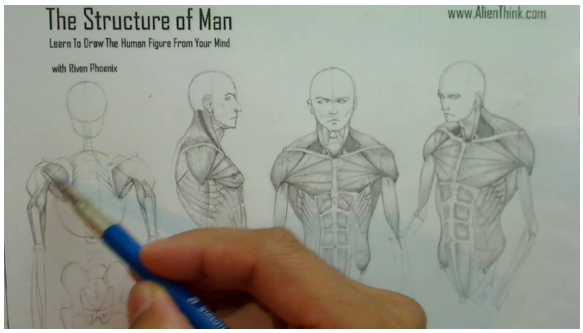
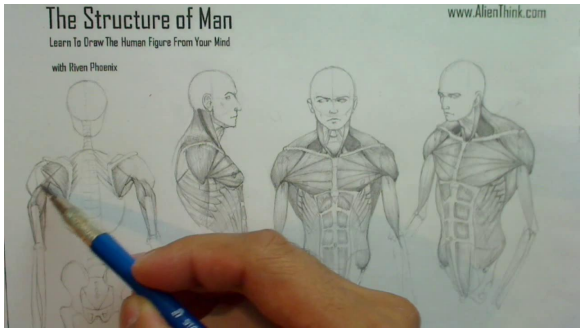
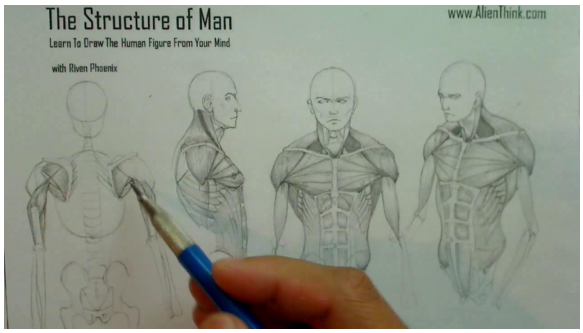
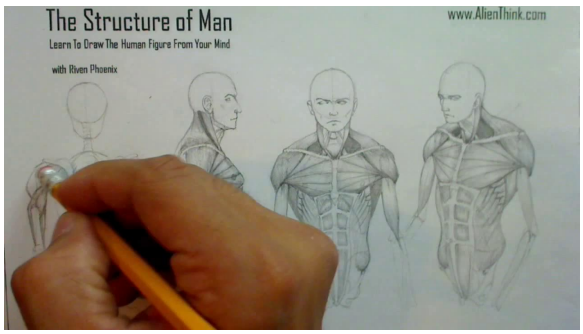
45		Right? So this is going to be going on a curve over here knowing that I have to keep in mind about this little nut here.
46		Right? So it's going to, that's how it sticks.
47		This is not going to move or anything. Right?
48		And then I'm going to slip and slide. They're just stuck, they're just very tightly stuck together.

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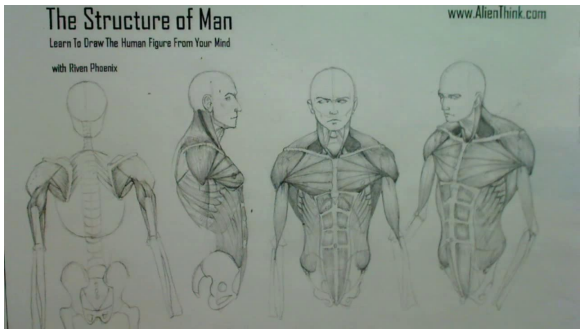
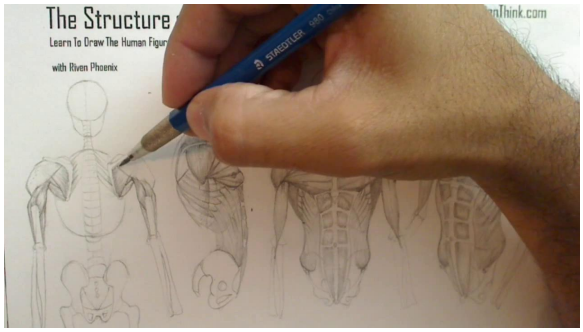
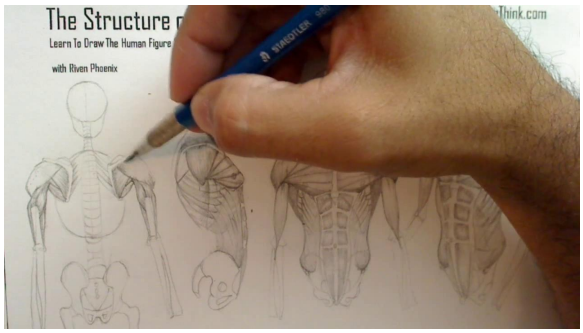
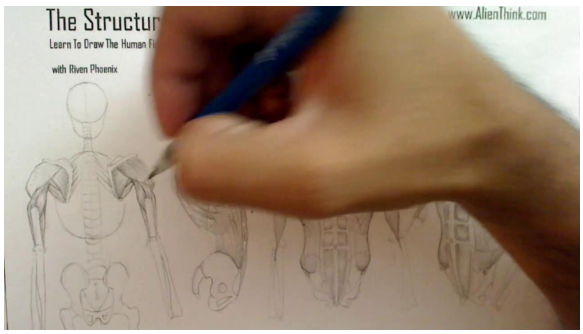
49		Okay, so once we've gotten this, we're just going to make sure off the width. So that's fine.
50		Okay, so here I'm just going to put this line here and just quickly close this area up with the shoulder.
51		So now we have a better understanding of this.
52		Right, so this area here is going to go wrap around the bicep. It's going to come to the side.

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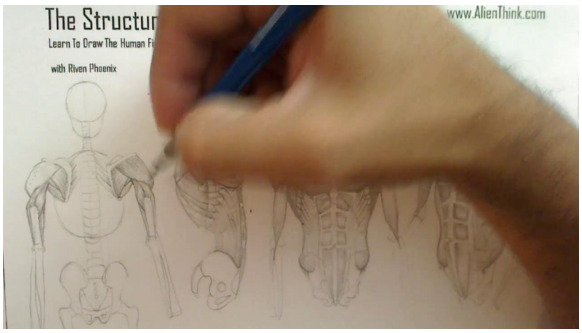
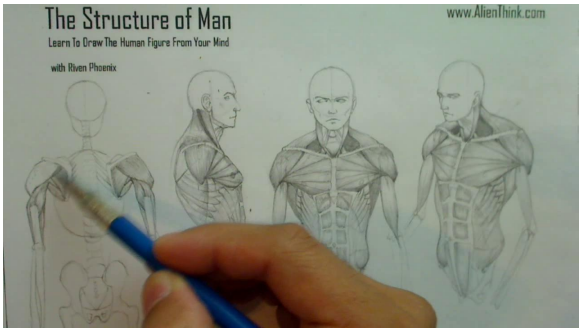
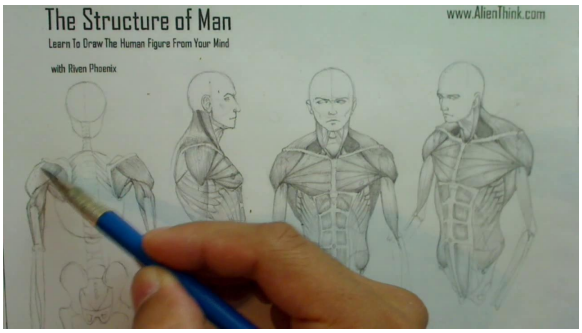
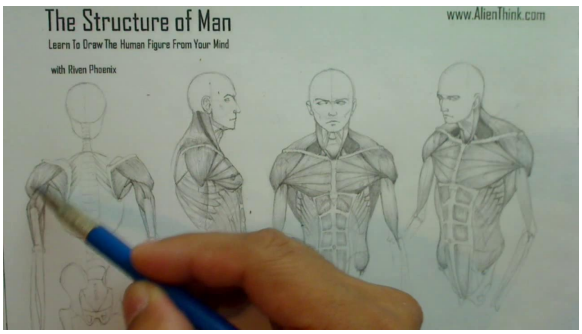
53		Right? And then over here it'll do the same thing.
54		I'm just going to increase the sides a little bit.
55		It's just going to wrap around over here and come to the side of the arm.
56		Right? So now we have a complete understanding of the deltoid.

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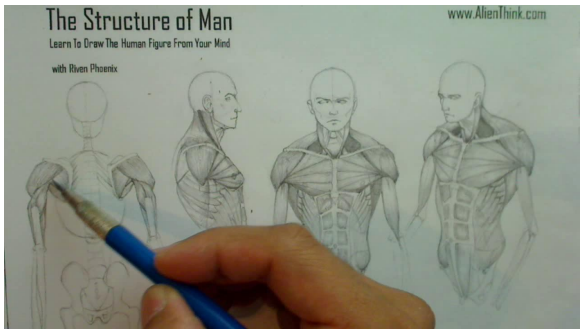
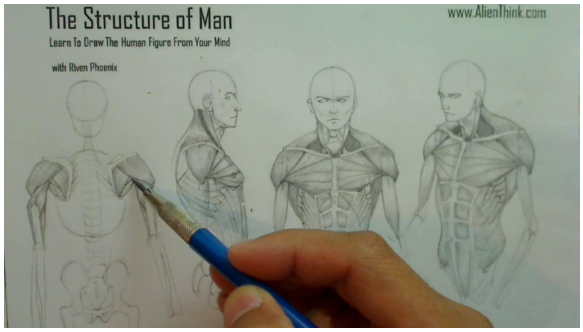
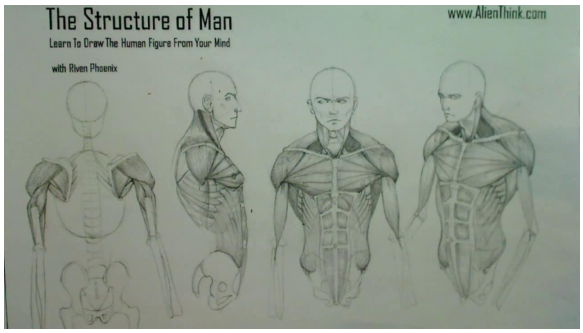
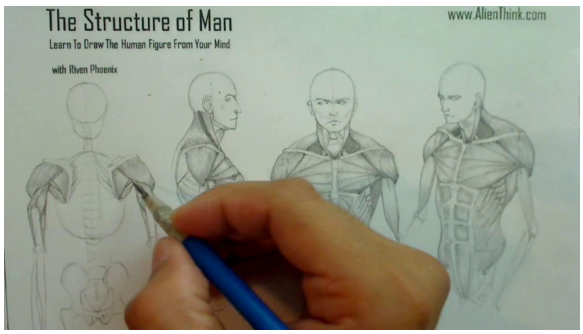
57		Right? The important thing is how this goes, you get this nut, then you got this in the way too, right?
58		You've seen this line here, right? It goes this way.
59		Right? So here we're going to just clean this, take a little bit off so you can see that.
60		So I got the line for this guy, then I got this, then I got the deltoid. Right?

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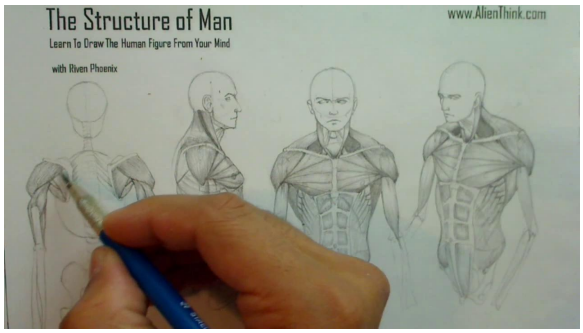
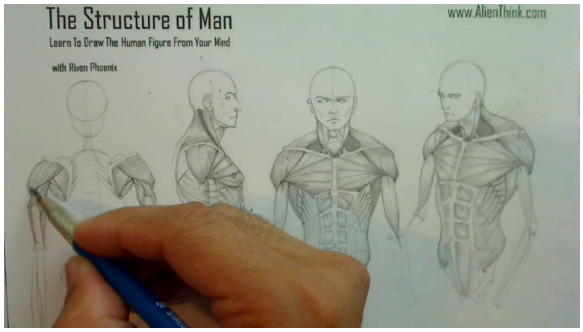
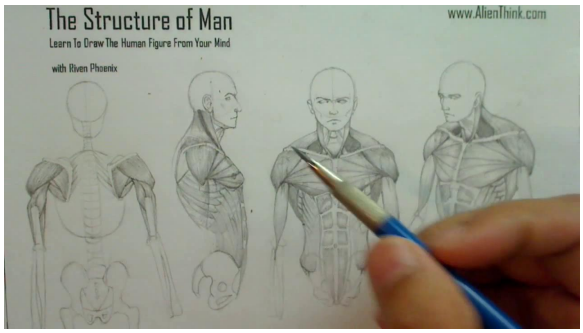
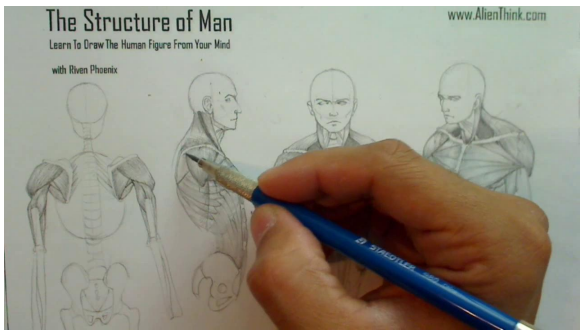
61		And just fix that up.
62		And here we can just put some shadows here and make that look a little better on this end.
63		Okay? So from the side, now we can understand this a little better.
64		Okay, I see what's going on. So this is really the original line that we have put.

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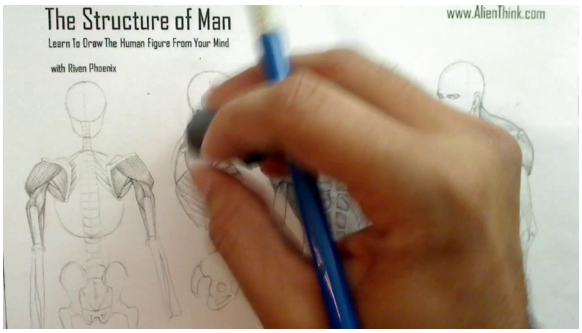
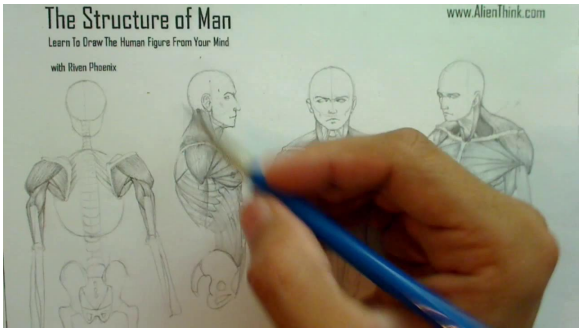
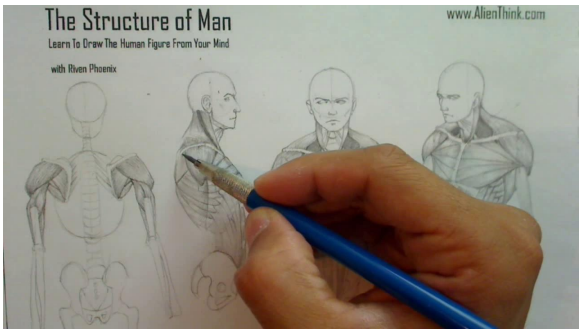
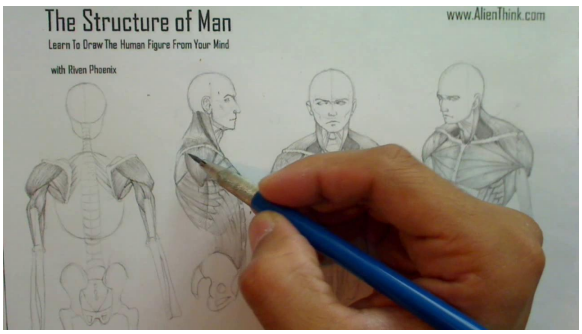
65		And we'll get rid of this line so it doesn't confuse you.
66		Here, this is the scapula.
67		And here's the line I did.
68		So now we know that that muscle, it's really coming across to this guy, right?

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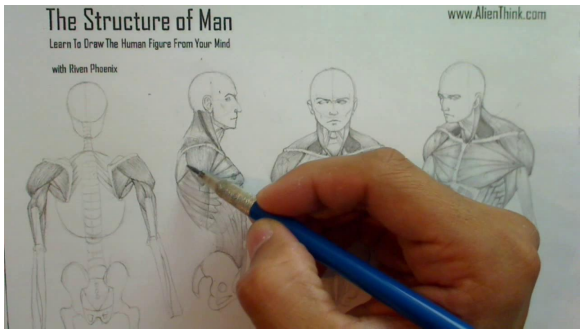
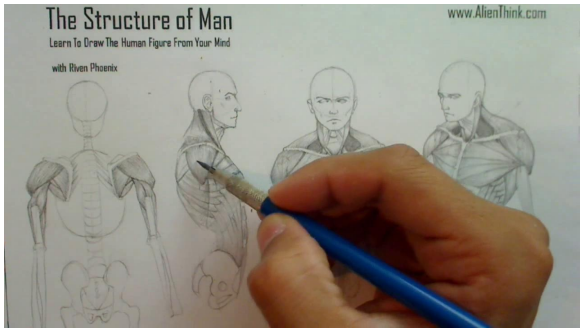
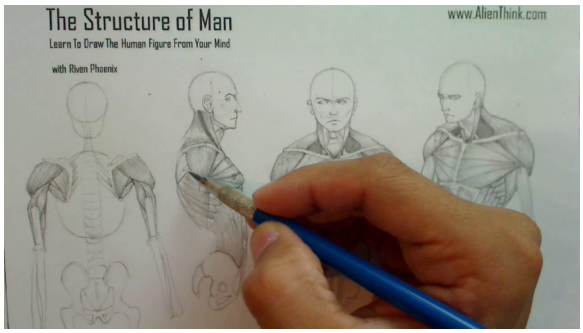
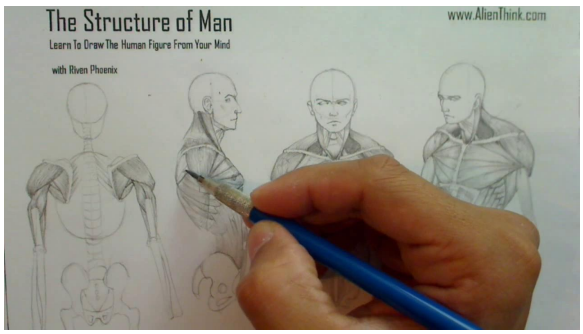
69		So you're going to really get this muscle here.
70		Then this, you're going to like get that nut over here, right?
71		And then you know that over here, you're going to get a little bit of the tricep.
72		And then you're going to get the other muscle that's going across.

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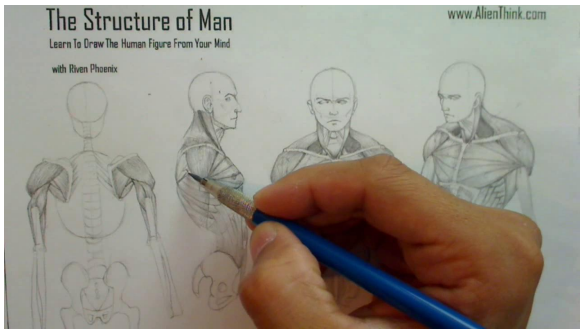
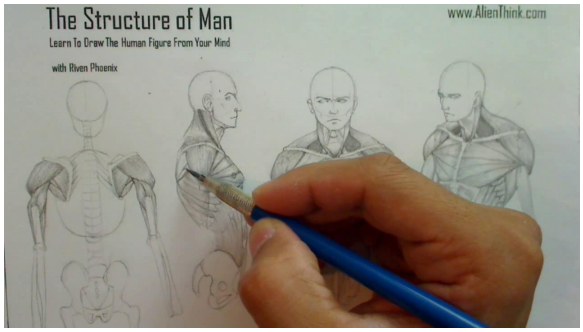
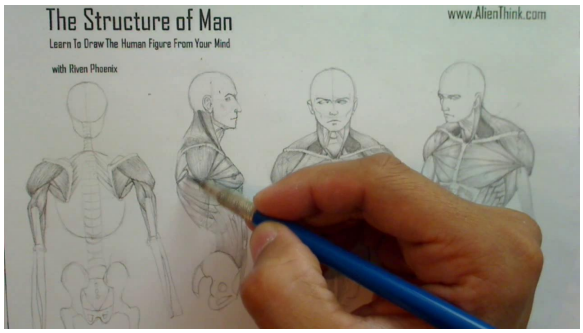
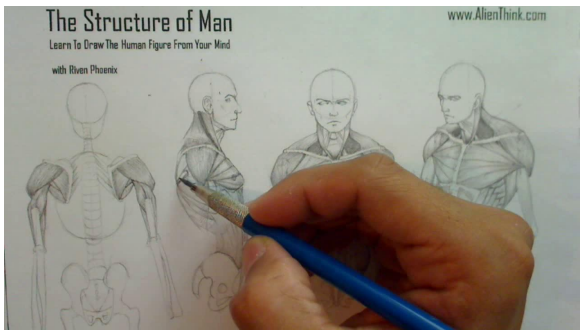
73		So you'll get like this shape over here, right?
74		Now you don't always see this on the side of people.
75		I'm just showing you that conceptually this is how we need to understand this.
76		Right? So here we can just, for now, very lightly put these ideas down,

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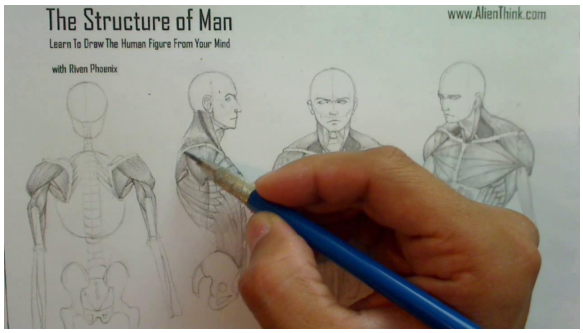
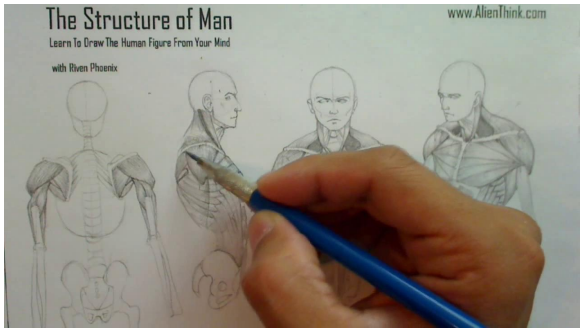
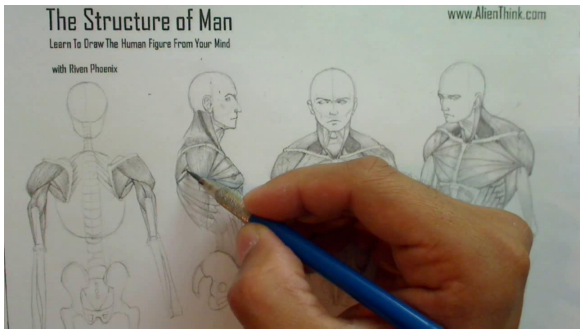
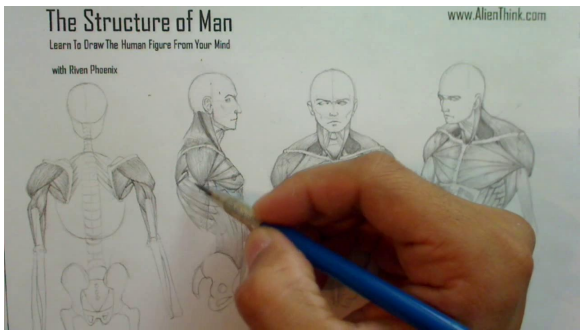
77		stating that we understand.
78		Right? So this area here, I'm going to get a little bit of that muscle over here.
79		And this is going to give the tricep, I'm not, I don't want to draw through here
80		because we need to understand the door side muscle.

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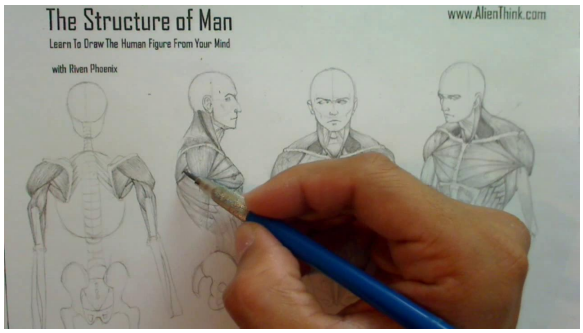
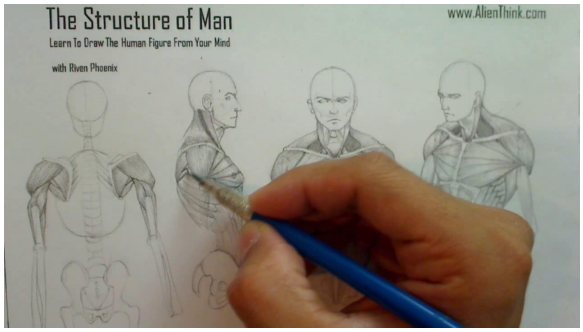
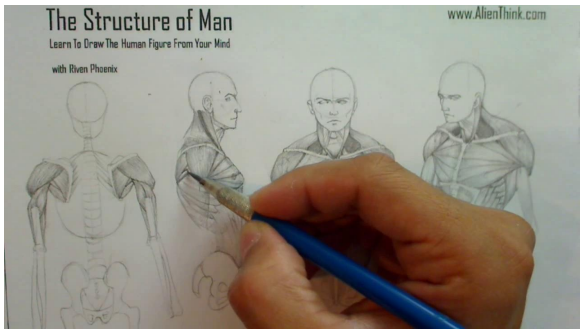
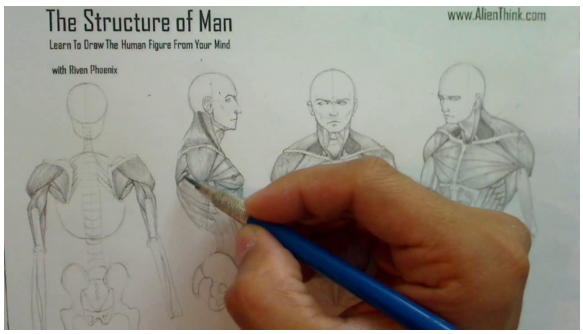
81		Right? We'll look at the arm in a little bit.
82		And this is just going to go back in, right?
83		It's going to go back into the humerus bone.
84		But here, now you can see how this is looking correct over here on the side.

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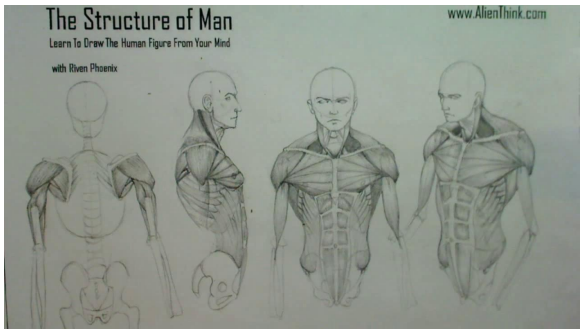
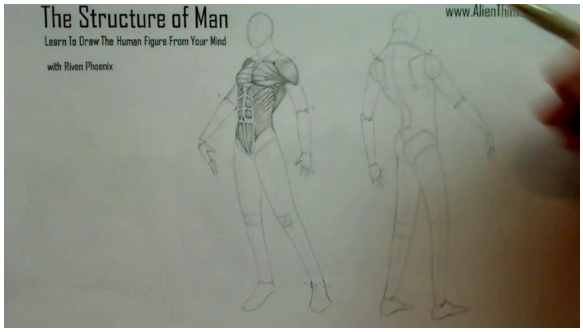
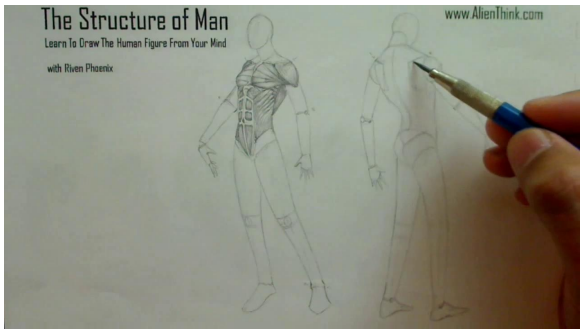
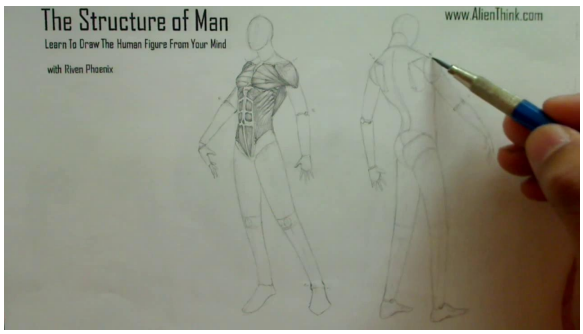
85		Right? So from the back here, if we wanted to understand this,
86		really what's happening here is that this is now starting to make sense, right?
87		So when we draw out the shoulder, we're just going to do it this way over here, right?
88		Right? You don't have to follow the manicure.

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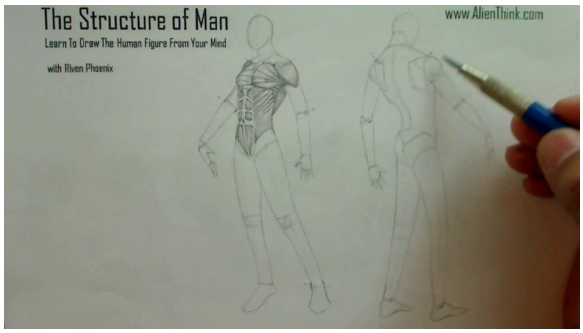
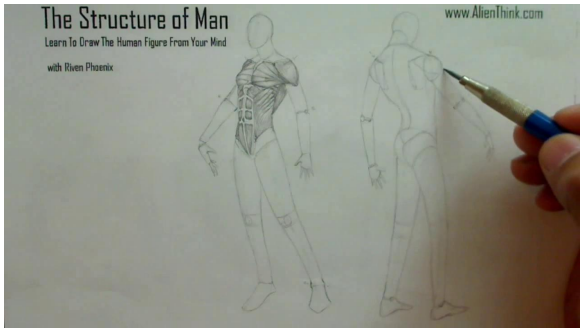
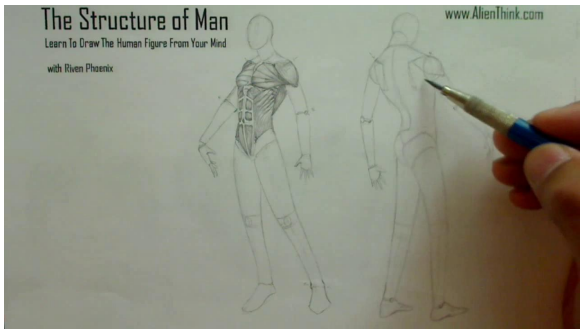
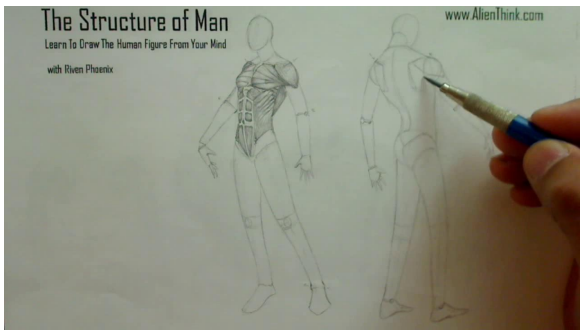
89		Manicure is really there to just get the ideas.
90		But you have to now think about, okay, well, this is really technically the side of this.
91		Right? And then I know I did this line here.
92		This is just to help me know that this is going back to the humerus.

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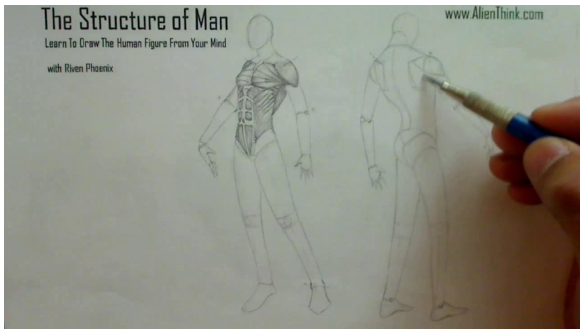
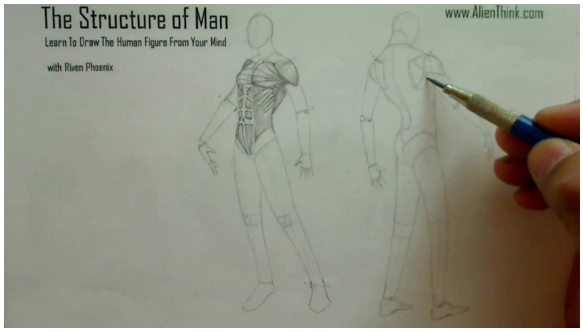
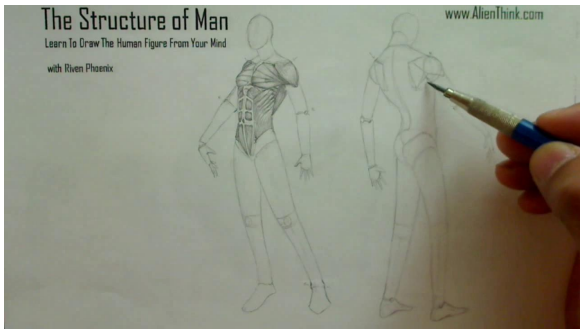
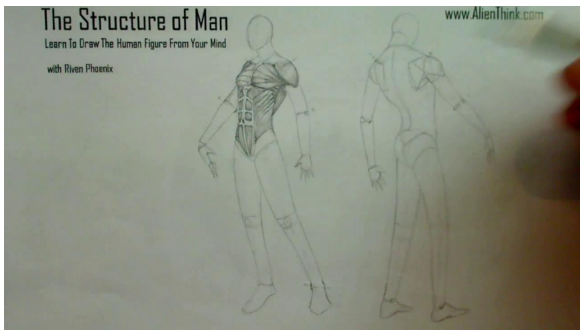
93		So I would draw like this line, and I would get this line here.
94		Then I would start to get the idea for the triceps.
95		And then we would get this line over here, right?
96		Just like this.

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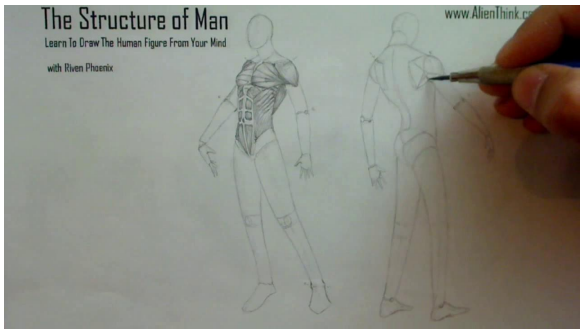
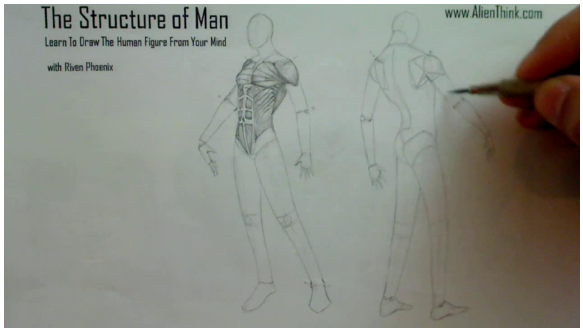
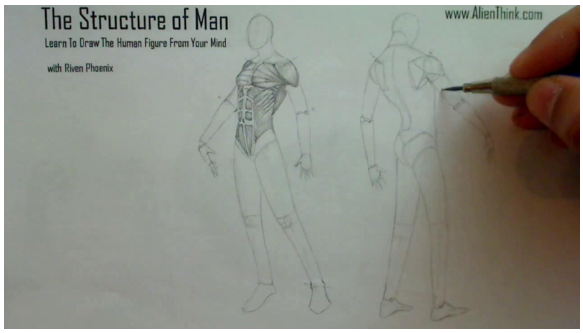
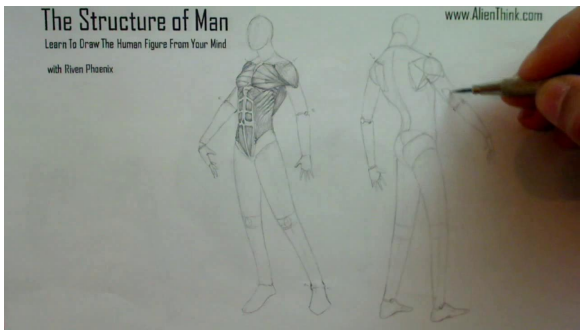
97		And then your triceps would obviously go like this.
98		So here you can see that we can actually just with this information start to put the triceps, right?
99		So it goes on the bone like this, right?
100		So you have to now start to think this, these concepts in 3D and just understand them.

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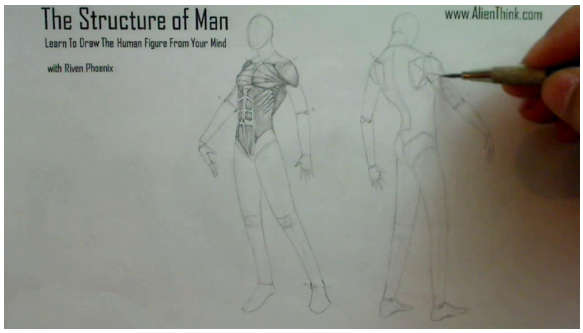
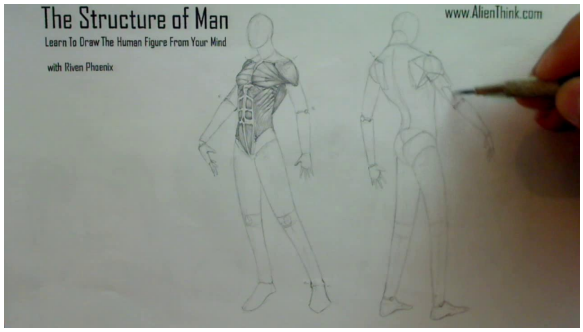
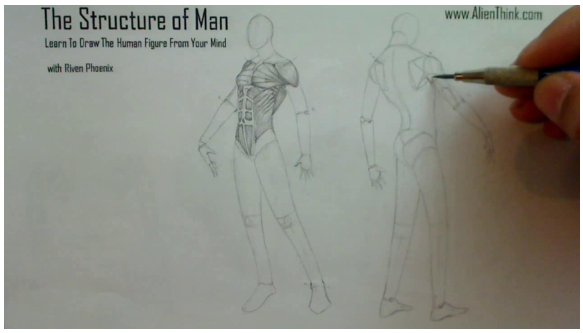
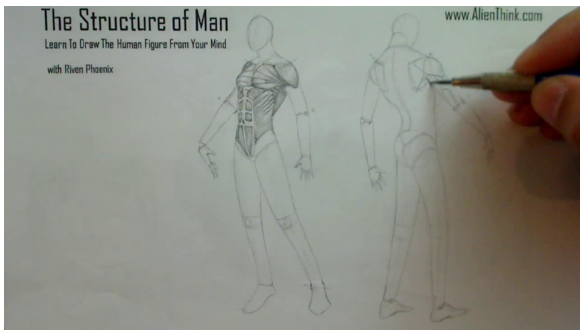
101		Okay, now I'm beginning to...
102		The mind is beginning to get the concept of this.
103		It's really these basic ideas here.
104		And then you'll get like this bulge here on the triceps over here, right?

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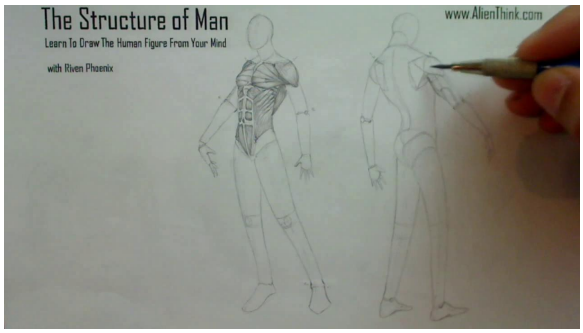
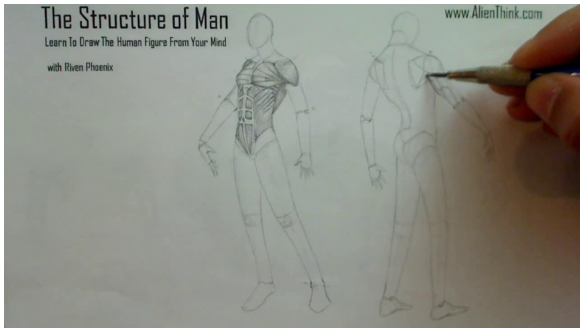
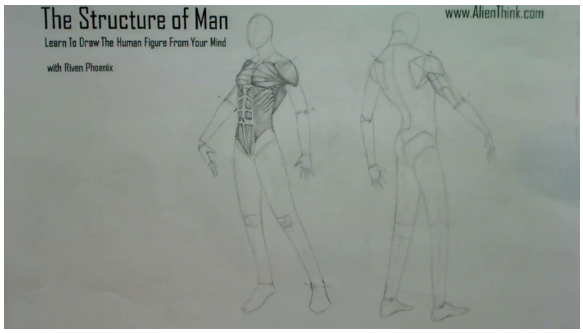
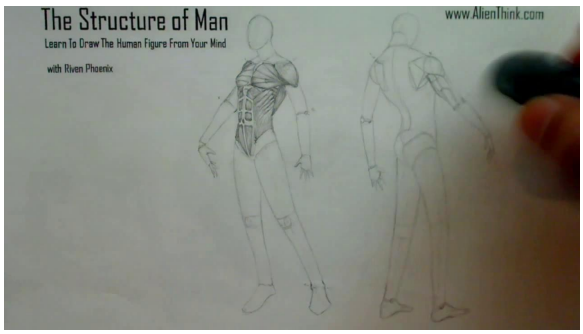
105		You'll just get it like this over here.
106		So all of this should now be sense on this area that we've solved.
107		Right, so now we're just going to clean this up and add the muscles.
108		Again, these are stylized drawings because right now that's what...

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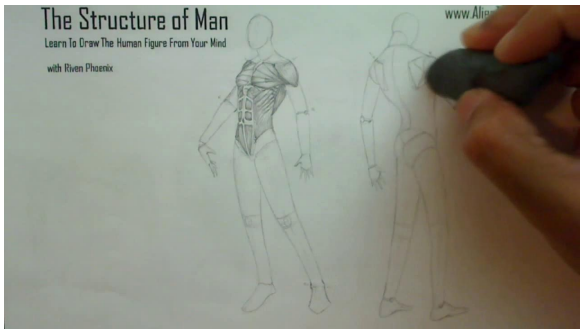
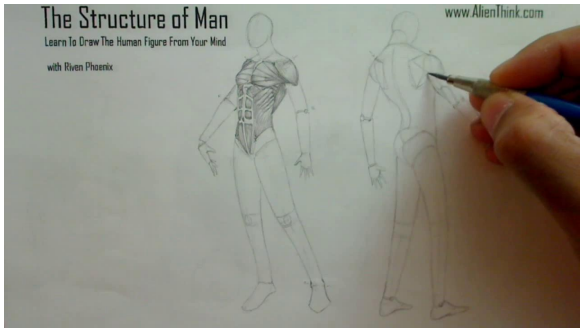
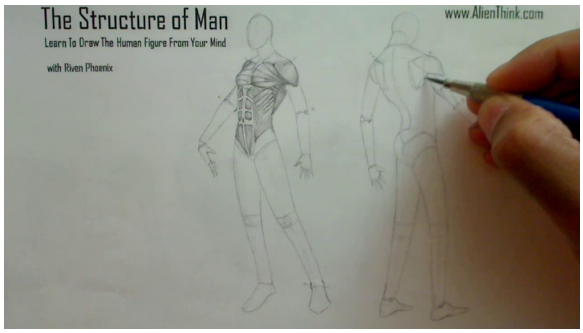
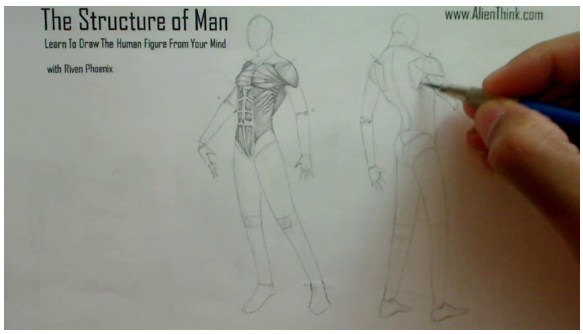
109		It's important to do the stylized version of the drawing just to understand the connection.
110		We don't...
111		So this is...
112		This way we don't have to worry about reality as to what goes on with the human figure.

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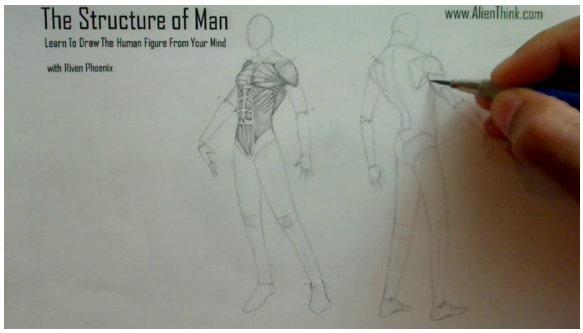
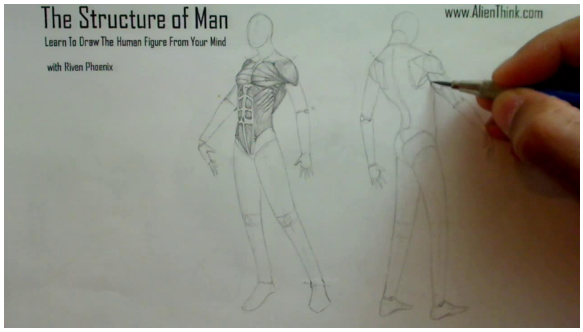
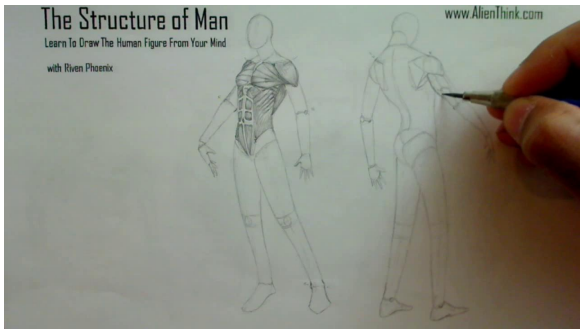
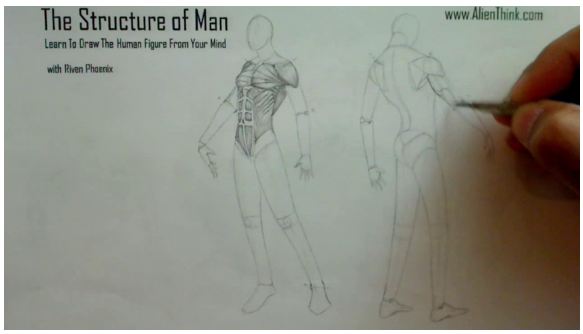
113		Right?
114		So here I'm just going to get that triceps like this.
115		I know that over here I'm going to get like a cut over here.
116		It's going to basically go like this.

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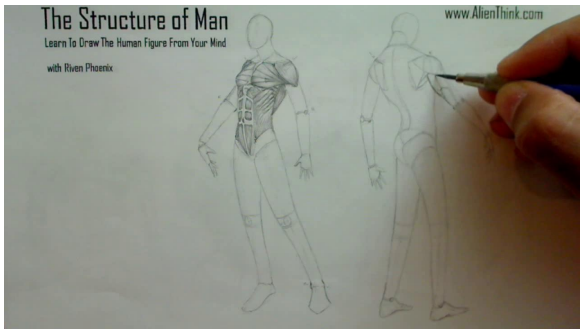
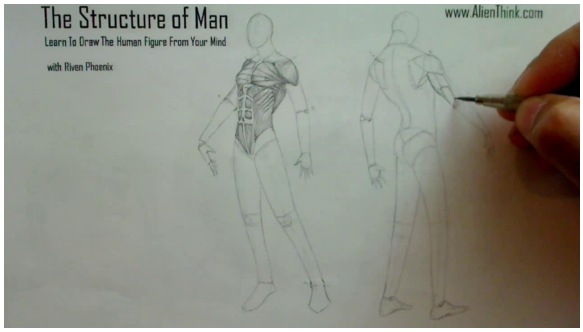
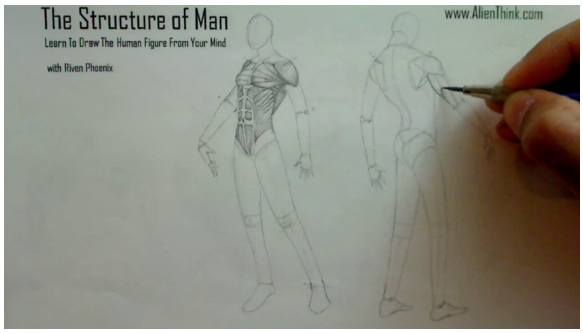
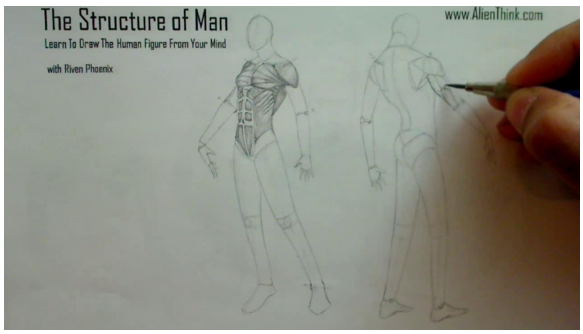
117		It's going to go over here, right?
118		And just this.
119		And so just be stylized with it, right?
120		Don't overthink the actual shape.

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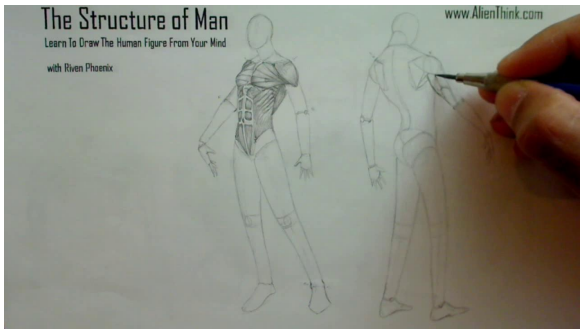
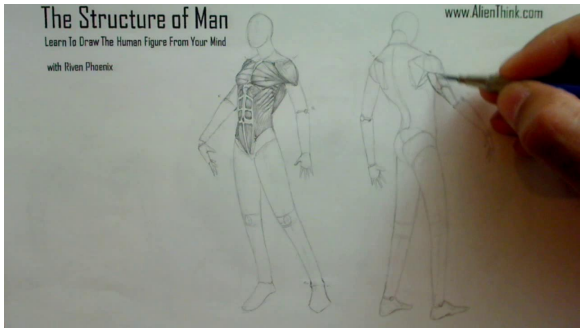
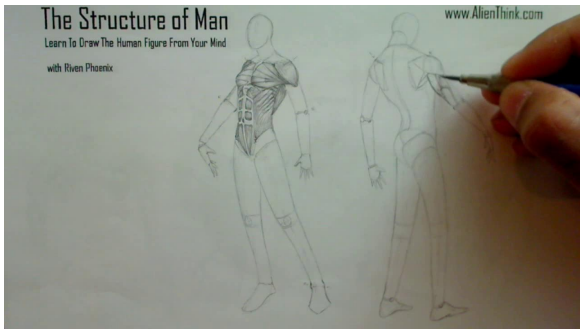
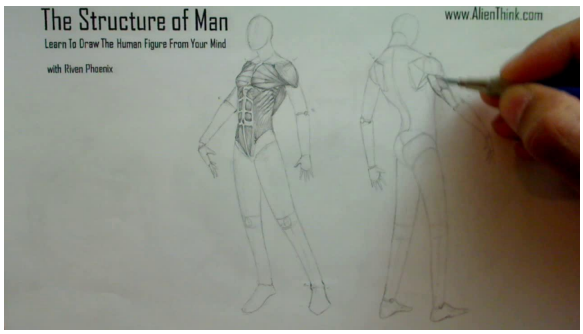
121		You know how everything's supposed to be connecting.
122		Just think about the bones.
123		Yeah, we're just going to get the triceps area like this over here.
124		I'm going to get that cut, right?

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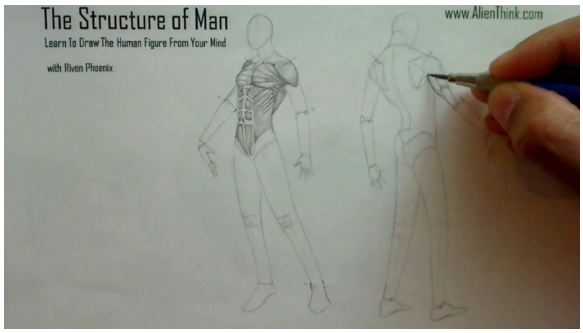
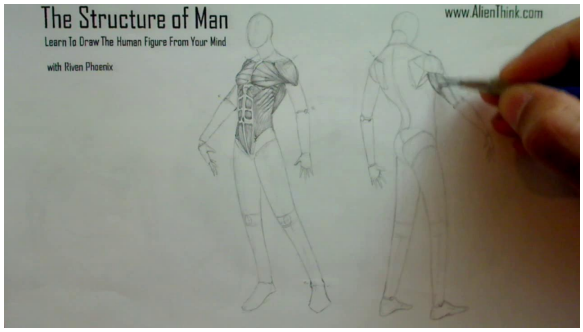
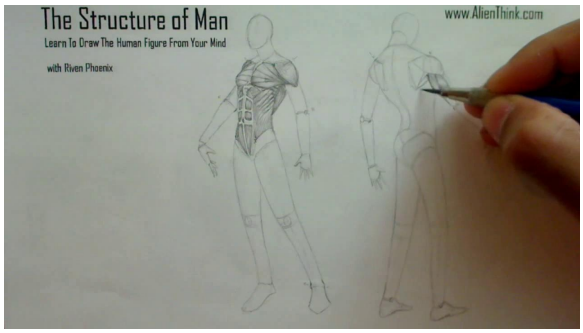
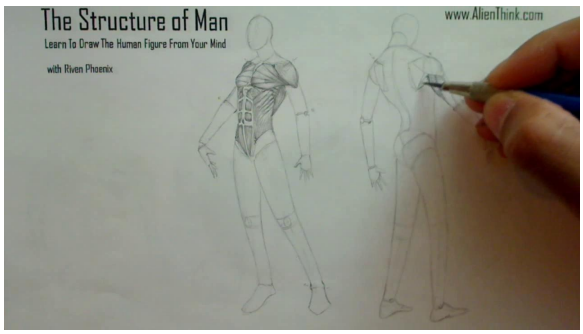
125		So here, if we'll start to notice that I'm going to get how the connection system works on the back.
126		And then we can just basically call that down.
127		Right?
128		So the door side muscle we haven't looked at really right now.

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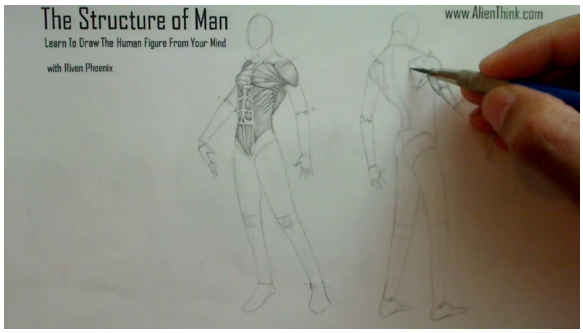
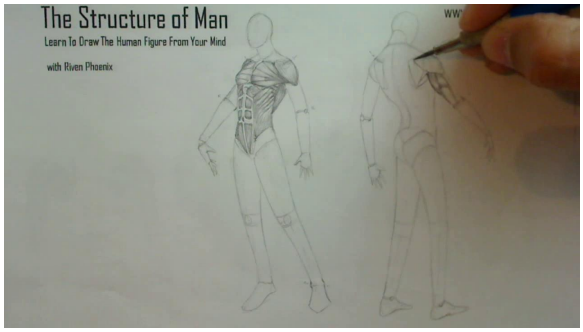
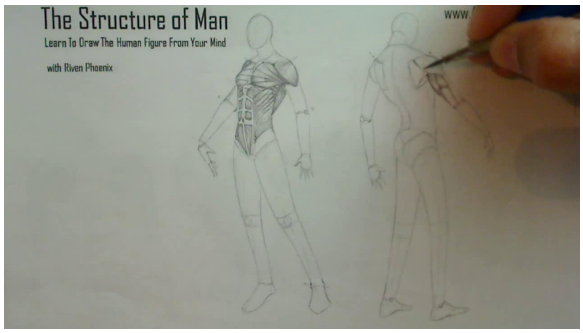
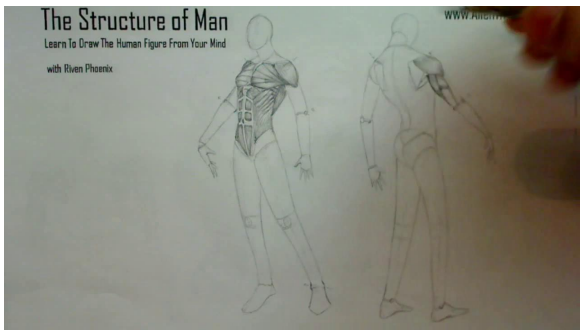
129		So here we know that, okay, I'm going to get the shoulder to go like this because I know it needs to go near this and it's going to wrap around.
130		Right?
131		So here I'm just going to start to put on the muscles over here.
132		And then over here, I'll just put it over here.

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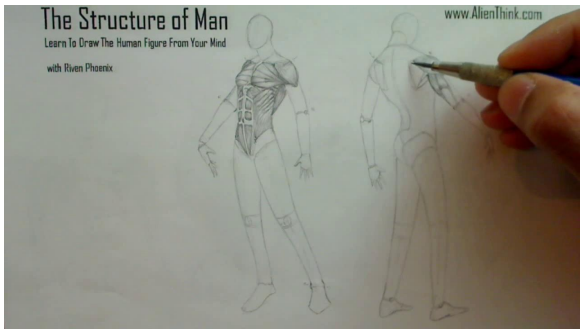
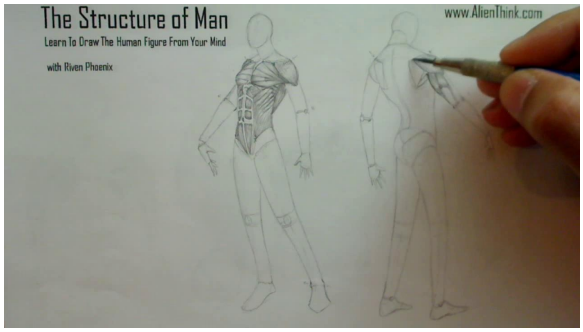
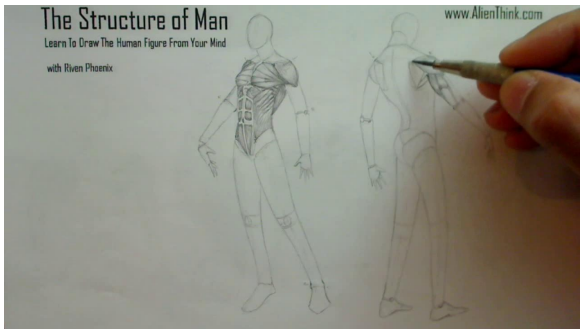
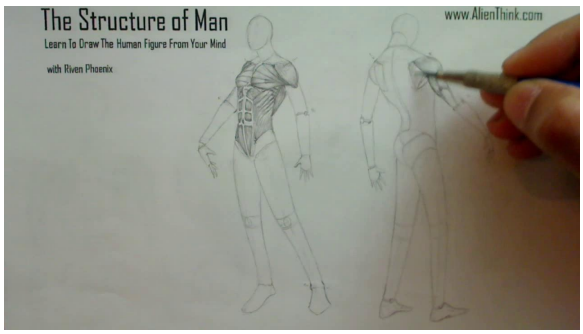
133		So where this goes, right?
134		So you know that, okay, I'm going to get like the muscle over here.
135		But we're going to erase this section in a bit because we'll understand more of the muscles.
136		And all of this will start to then begin to make a little more sense.

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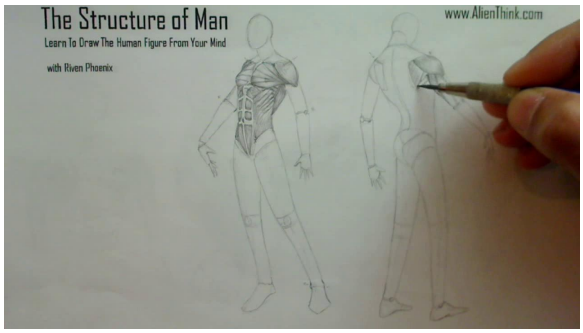
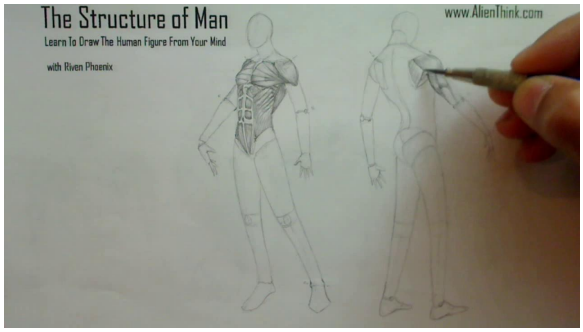
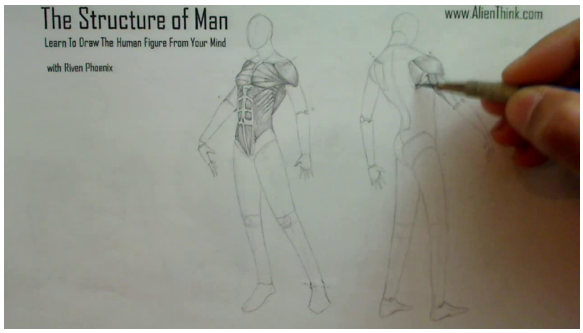
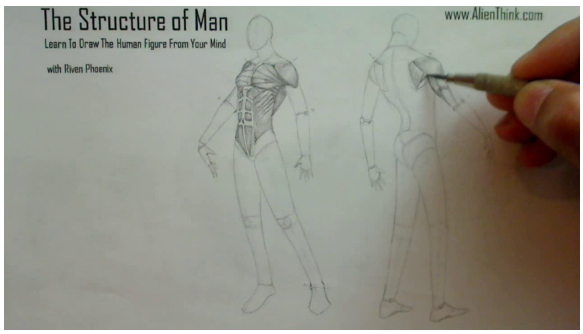
137		Right?
138		So you can do this a little light here, right?
139		But this paper that I'm using, which is just a regular copy paper, I can still draw this and just erase it completely.
140		It just slides off at the HP pencil.

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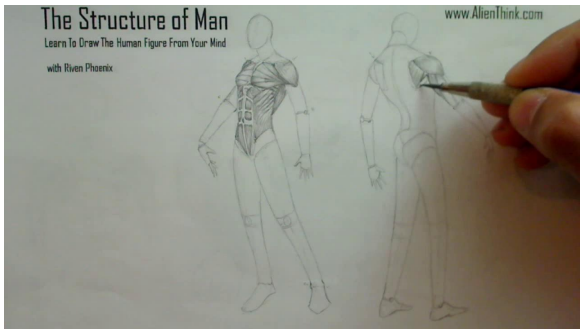
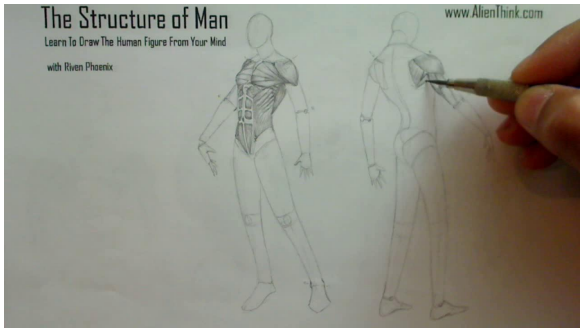
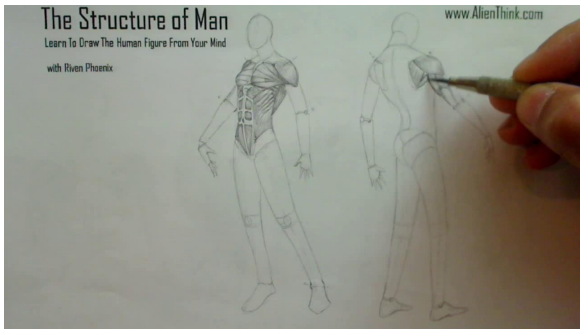
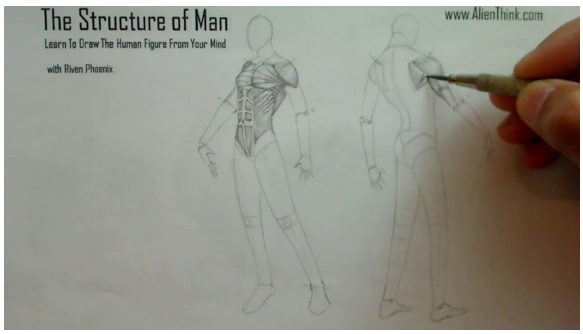
141		And here I'm just going to get the other muscle.
142		Right?
143		So now you understand this connection here.
144		See?

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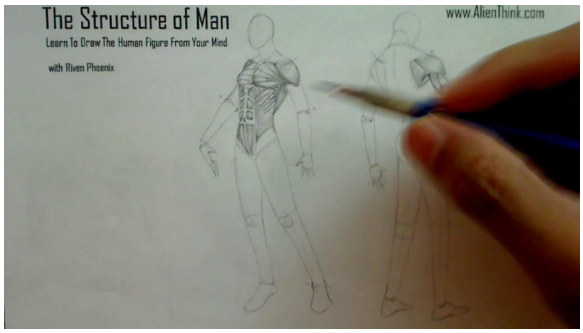
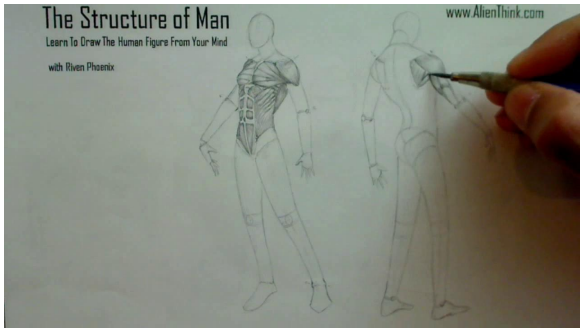
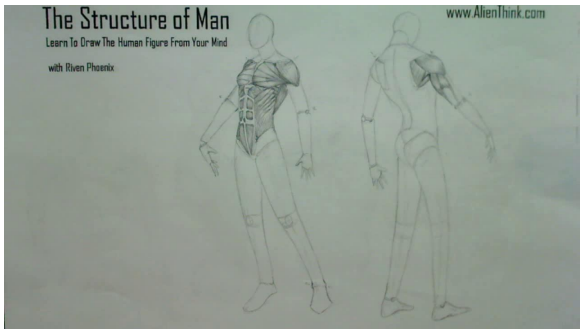
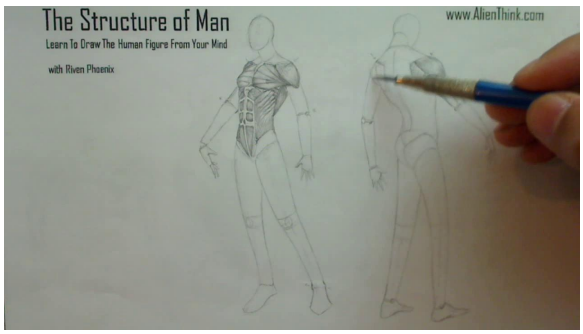
145		Just how the front we're going to understand the connection later.
146		This is how it's going to be over here like this.
147		So now we're going to look at this section here.
148		Okay, so this is the thing where the mind will go through a little bit of frustration,

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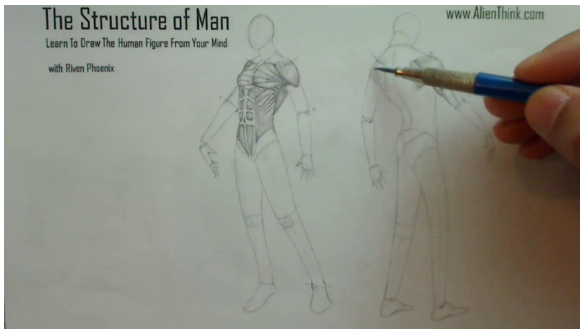
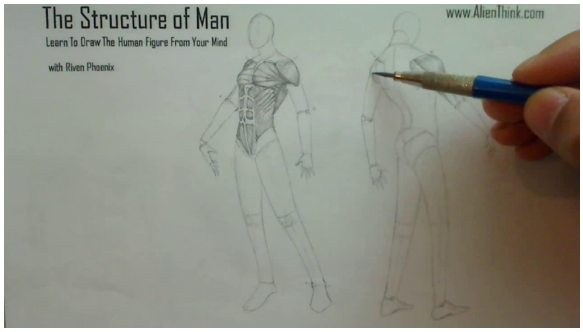
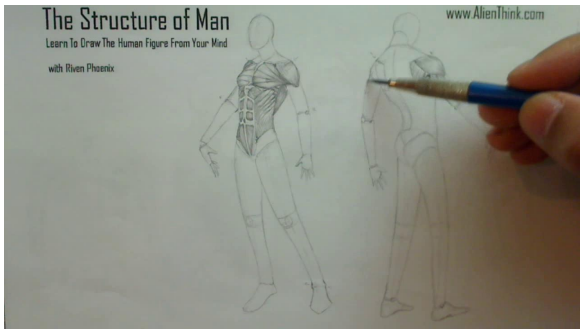
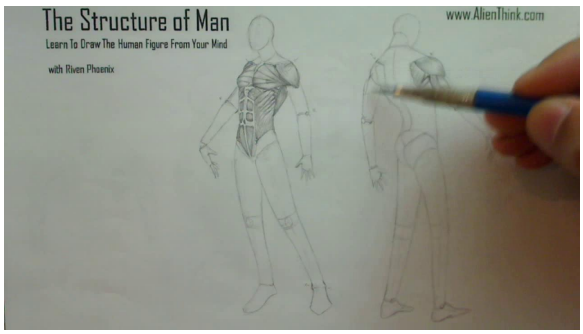
149		but really just need to look at this, right?
150		Okay, I know that the tricep, right, really in this area, it's going to be going across.
151		So I know that, okay, that the tricep really is going to come this way here.
152		First of all, it's going in 3D, right?

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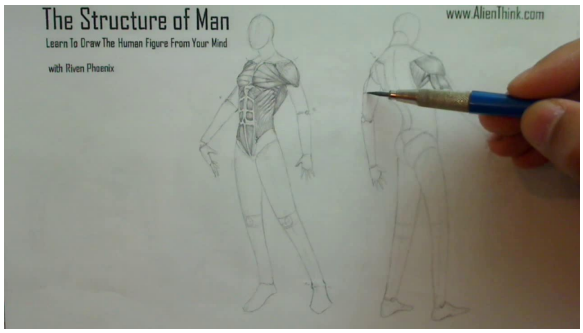
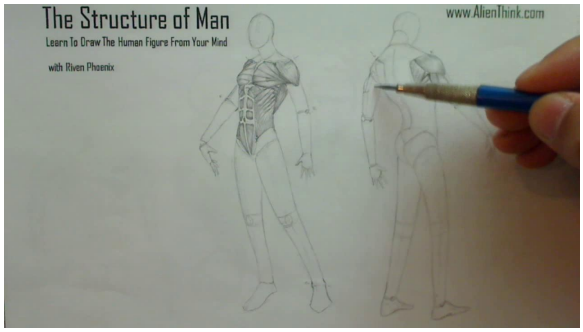
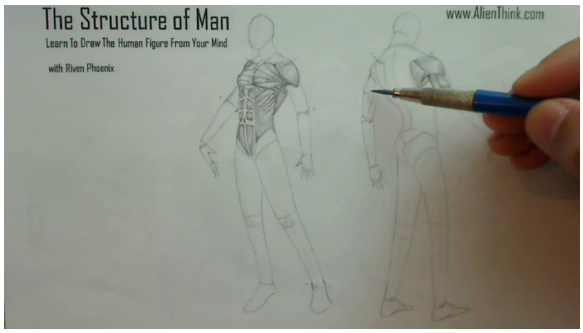
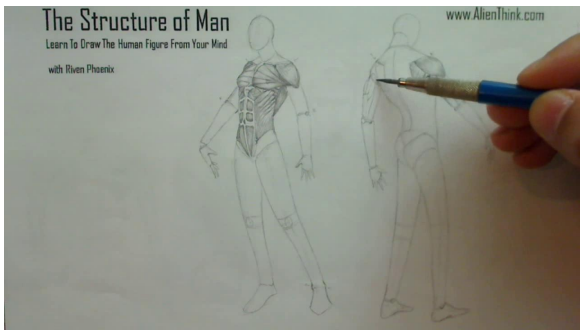
153		So I know that this area here is going to connect.
154		And I'm going to get like the tricep like this.
155		Then I know from here it's going to cut and it's wants to connect back to the scapula.
156		So I'm kind of going to get like a design like this going in that region, right?

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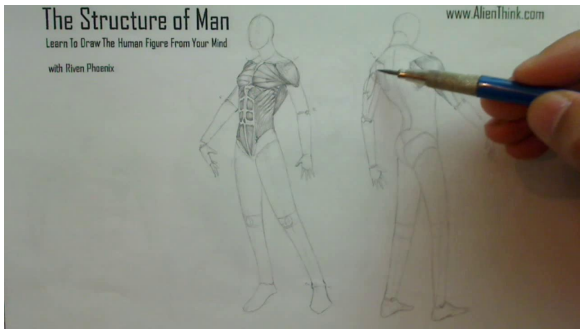
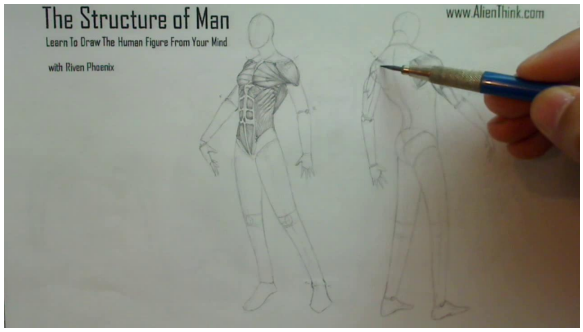
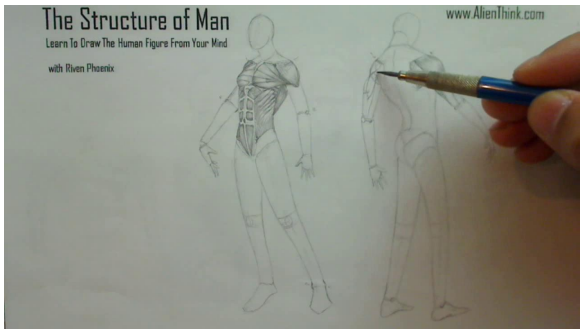
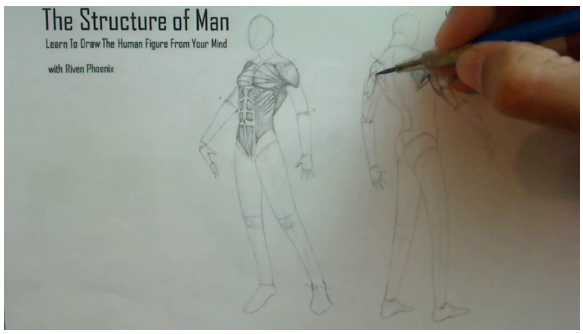
157		And then on top of this, I'm going to now get the shoulder muscle.
158		It's going to be going like this and I'll get like my connection.
159		And then from here I know that this is the line that I'm going to get over here, right?
160		And then I'm going to get like that other line over here.

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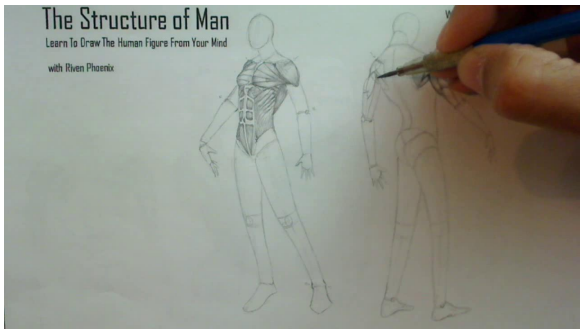
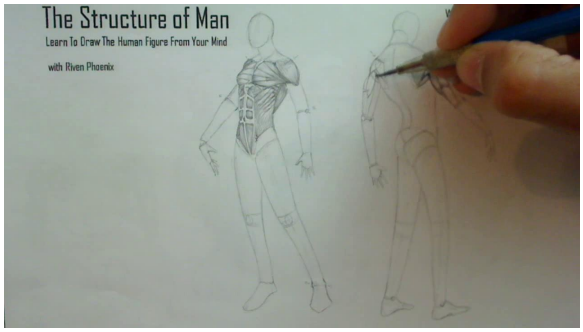
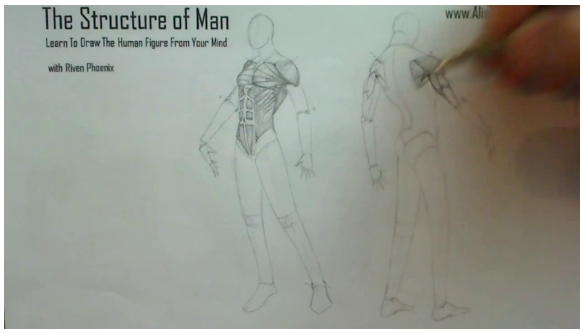
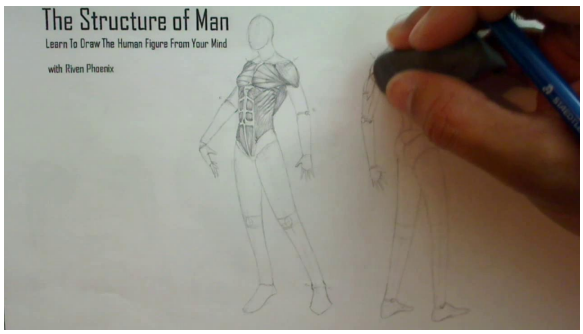
161		So I need to actually understand how this connection system is going to work.
162		And then you'll just get the other line like this, right?
163		So it's just solving the problem, the issue, right?
164		What is the issue that you're trying to solve?

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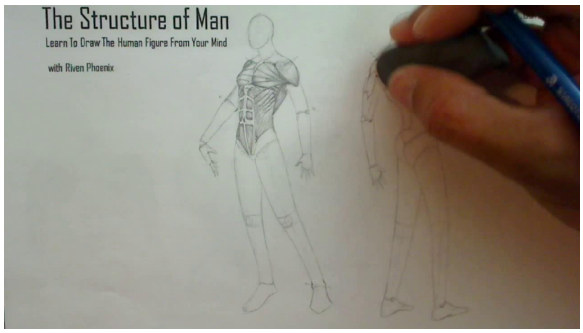
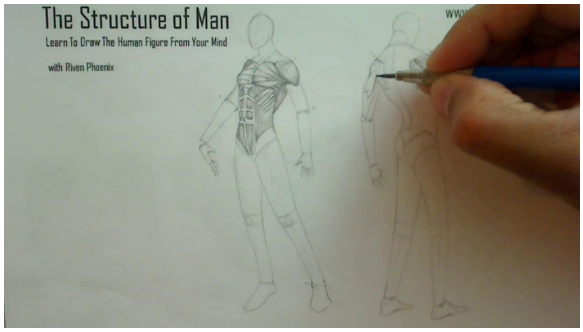
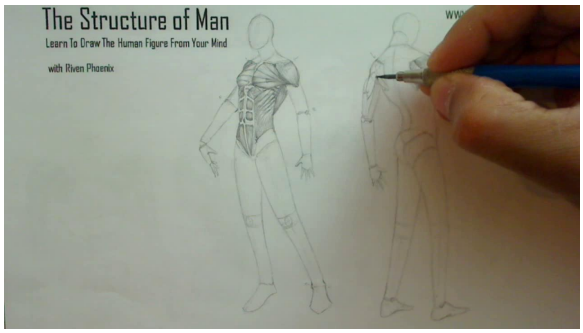
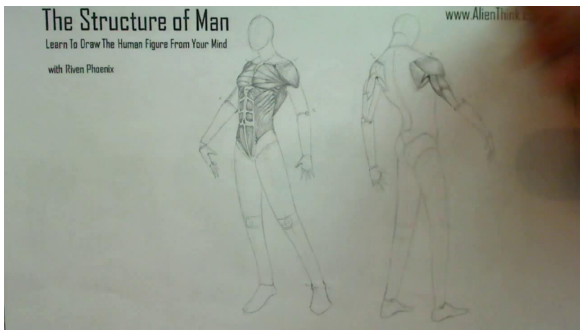
165		And then once you like put some lines, you start to figure it out, right?
166		This really is like this, right?
167		My connection really is going to be kind of like this over here, right?
168		So over here, I can now start to see this and then make it on this angle, right?

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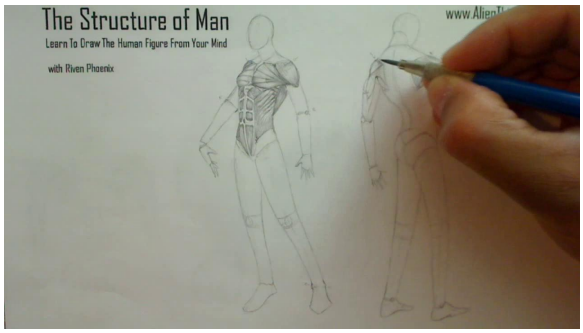
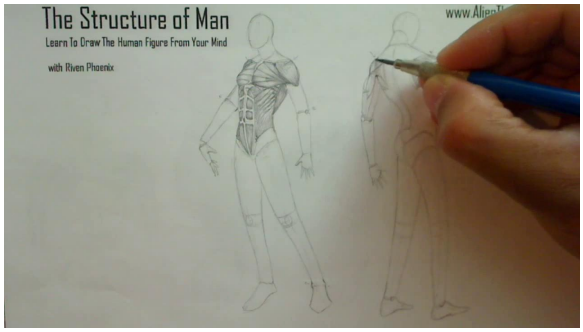
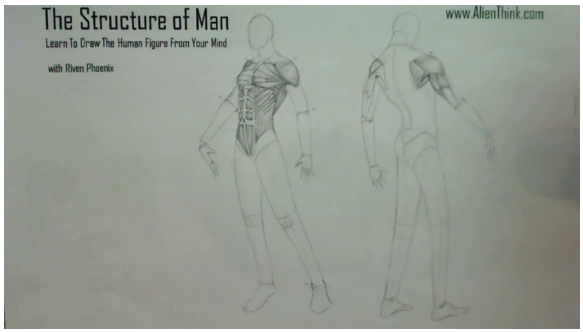
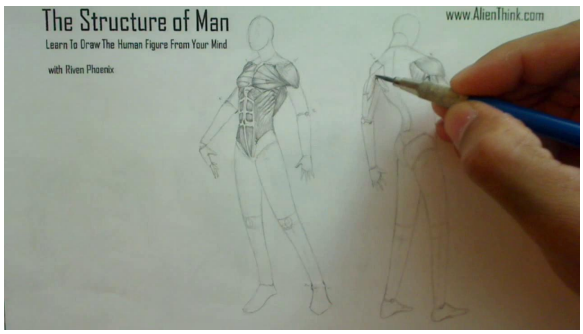
169		Then start to think about the ideas in 3D.
170		I'm going to make the shoulder really go in this direction, right?
171		So it's really, you really do have to fiddle around with some of the lines to get that concept, right?
172		So here, now this is making more sense.

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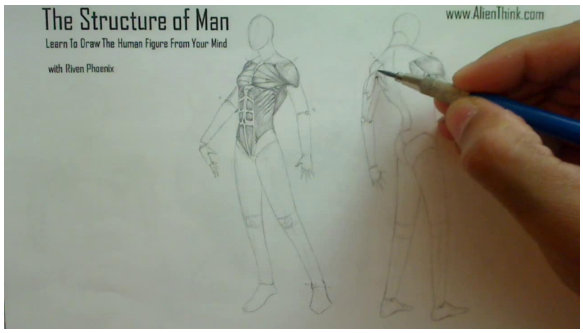
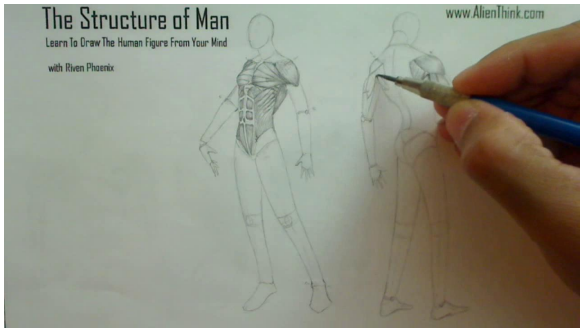
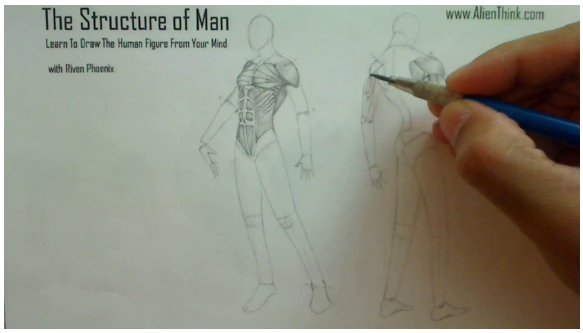
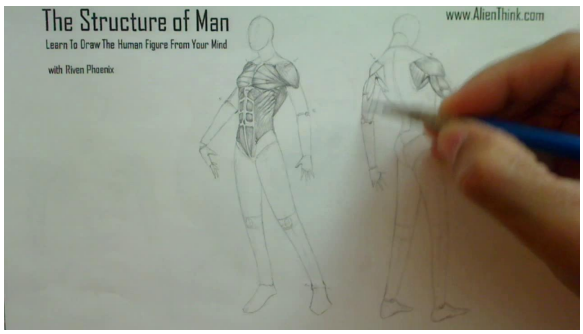
173		Okay, now I understand.
174		Now this goes this way, I'm going to get this muscle here and this and it's solved, right?
175		We just took a little bit of tickering to figure that out.
176		Because regardless of how much you understand about anatomy, right,

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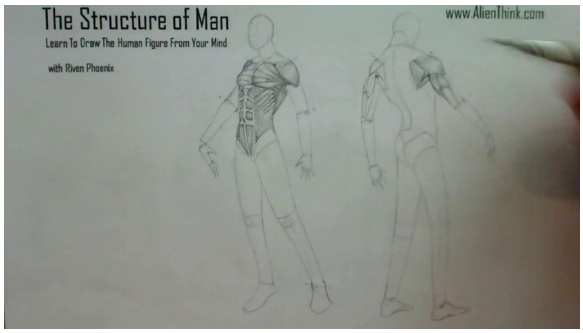
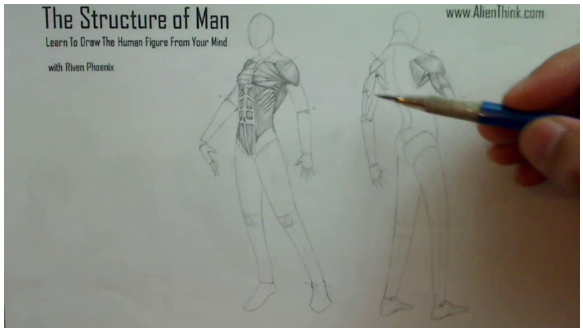
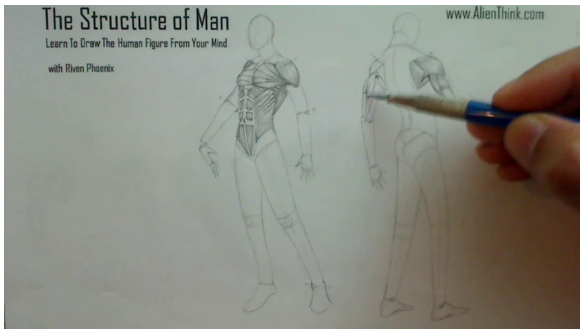
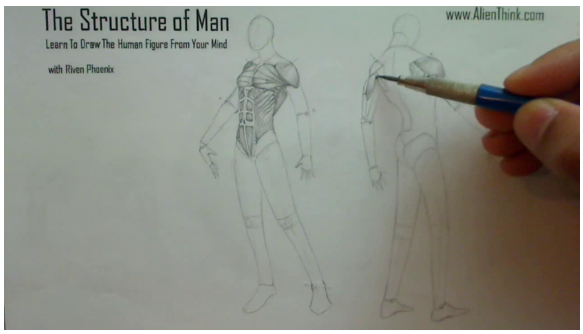
177		you got to go through that experience of laying the muscles down and beginning to discover what's really going on.
178		So here we're just going to now finish the tricep here, right?
179		We don't have to do it so big and gigantic, right?
180		Again, this is all these drawings are supposed to have a conceptual style to them.

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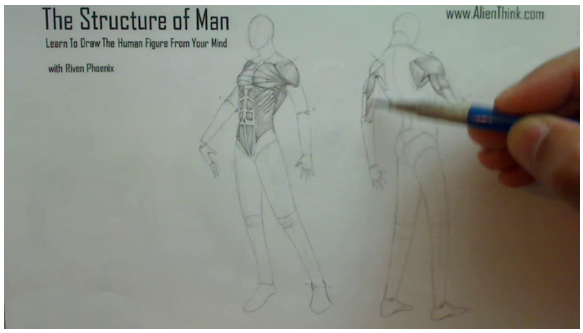
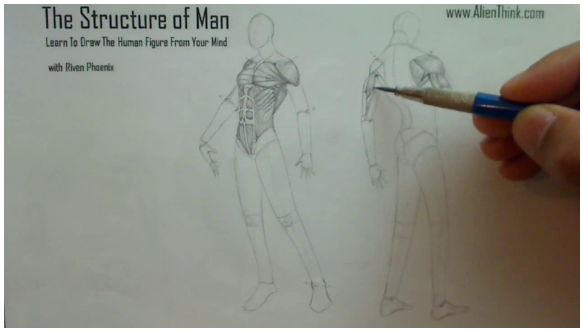
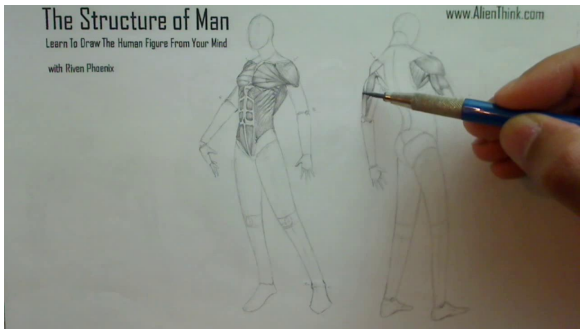
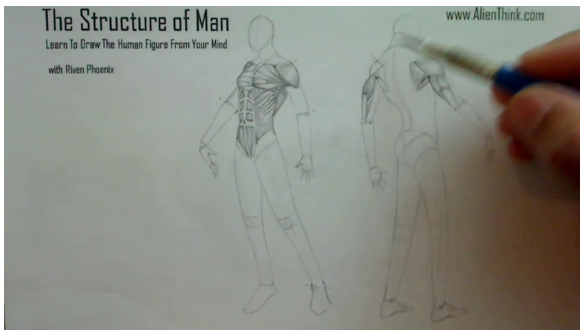
181		That's the whole point, right?
182		So I'm going to get this cut, I'm going to get like this area here,
183		I'm going to just bulge up a little just like this, right?
184		And then over here, I'm just going to get the idea for the shoulder.

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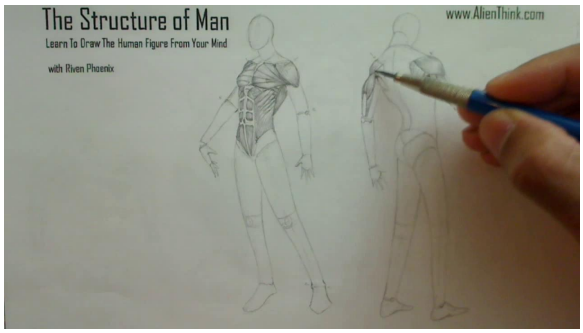
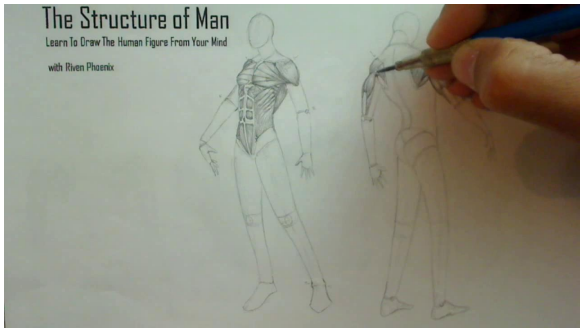
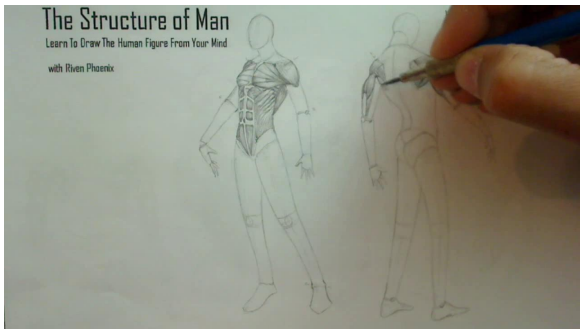
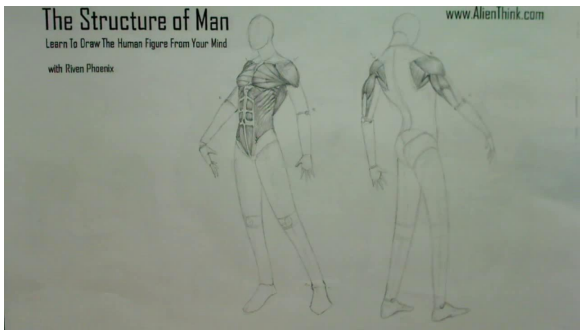
185		Like this and then over here, I'm just going to get the idea for this here,
186		I'm going to get this line here and then this is basically going on the other side.
187		But the thing is that we really, the thing about this is that it's coming over here.
188		So I'll see you in the next lesson. Thanks.

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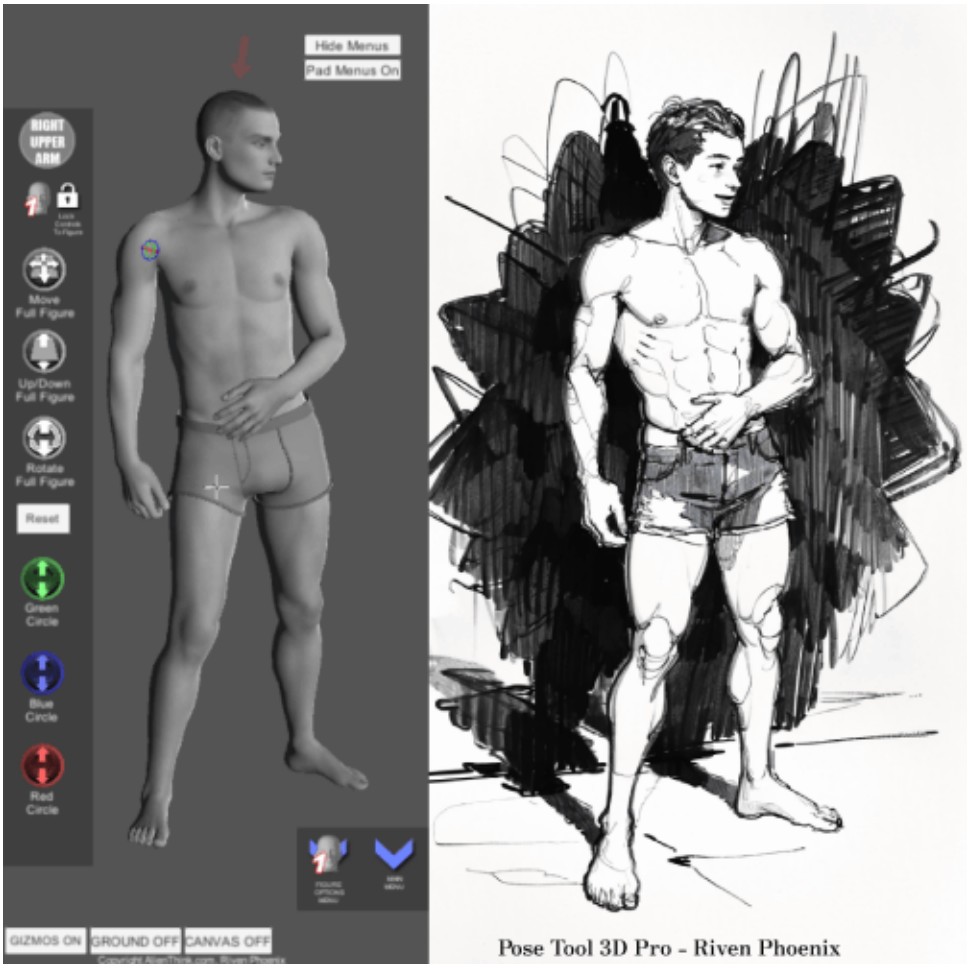

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